

What is sleep hygiene?

Sleep hygiene is a set of habits to help get a good night's sleep.

How can people improve their sleep hygiene?

- Have a regular sleep routine.
- Stick to the same bedtime and wake time even on the weekends.
- Stay active. Exercise and active play help the body to fall asleep and stay asleep at night.
- Anyone over 5 years old should stay awake during the day. Napping makes it harder to fall asleep at night.
- Have no screen time at least 30 minutes before bed. Cell phones, tablets, computers and TVs make it hard to fall asleep.
- Use beds only for sleeping.
 - Do homework at a table or desk.
 - Watch TV outside of the bedroom.
- Use calming and relaxing activities like deep breathing and guided imagery.
 - This gets their body ready for sleep.
 - It also helps to cope with both pain and stress.
- Avoid caffeine.
 - This includes caffeinated soda, chocolate, tea, energy drinks, and coffee.
 - Caffeine can make it hard to fall asleep and stay asleep.

What if I am still awake after 20 to 30 minutes?

1. Get out of bed.
2. Avoid screens.
3. Do a relaxing activity until they feel drowsy.

Recommended hours of sleep a night:

Age Group		Recommended Hours of Sleep Per Day
Newborn	0 to 3 months	14 to 17 hours
Infant	4 to 12 months	12 to 16 hours per 24 hours (including naps)
Toddler	1 to 2 years	11 to 14 hours per 24 hours (including naps)
Preschool	3 to 5 years	10 to 13 hours per 24 hours (including naps)
School Age	6 to 12 years	9 to 12 hours per 24 hours
Teen	13 to 18 years	8 to 10 hours per 24 hours

Other teaching sheets that may be helpful

- Relaxation techniques #1317
- Essential oils for aromatherapy #1840

This document was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.