

Healthy Sleep Tips

- Establish a consistent bedtime routine with dim lights and calm, quiet activities (books, songs, etc.)
- Smaller children require a 10-20 minute bedtime routine and when complete parents should say good night and leave while the child is still awake
- Older children can have a similar routine such as a bath or shower, pleasure reading, and/or listening to quiet music (turn off music before falling asleep.)
- Keep the television, computer and cell phone outside the bedroom and avoid use 1-2 hours before bedtime
- Make a sleep-promoting environment that is comfortable, dark, cool and quiet A dim 1-8 Watt nightlight is okay
- Go to bed and wake up at the same time everyday including weekends. Wake up times are much easier to control and help to determine when an individual can fall asleep
- Exercise regularly, but finish exercise at least 3 hours before bed
- No caffeine after lunch.
- In the morning, allow for bright light, eat breakfast, and be active. Avoid television or computer time for the first hour of the day

- Get the sleep your body needs

Age	Total # of Hours	Night sleep	Day Sleep	# of Naps
Newborn	16	Varied	Varied	Varied
3 months	13	8 ½	4 ½	3-4
6 months	12 ½	9 ¼	3 ¼	2-3
1 year	11 ¾	9 ¼ - 10 ¼	1 ½ - 2 ½	1-2
2 years	11 ½	9 ¾	1 ½	1
3 years	11 ¼	9 ¾ - 11 ¼	0 - 1 ½	0-1
4 years	11	10-11	0-1	0-1
6 years	10 ½	10 ½	0	0
10 years	10	10	0	0
Teens	9 ¼	9 ¼	0	0

- After the first few weeks of life, most children's sleep times fall within about an hour of those listed.
- Naps usually stop by the 4th birthday, but some children continue to nap until age 5