



Sleep Hygiene Tips from Ivymount OT/PT Department

Sleep is very important to maintain a healthy lifestyle! Children and adolescents who do not get enough sleep have a higher risk of obesity, diabetes, injuries, poor mental health, and problems with attention and behavior. Preschoolers (ages 3-5 years) generally need between 10-13 hours of sleep per night, school-age children (ages 6-13) need between 9-11 hours of sleep per night, and high-school age children (ages 13-18) need between 8-10 hours of sleep per night. Here are some tips to ensure your children are getting an adequate amount of sleep:

- Select a bedtime that you feel is appropriate for your student based on their age and schedule, and be consistent, even on the weekends.
- Establish a predictable, regular sequence of events to prepare for sleep and relaxation. Using a visual schedule can help your student know what to expect.
 - Avoid exercise or screen time immediately before bedtime because these can make children more alert.
 - Include one or more calming activities in the routine, such as taking a warm bath, drinking herbal tea, coloring, reading, or listening to calming music.
- Create a sleep-friendly environment: the bedroom should be cool, dark, and quiet, and the bed should only be used for sleeping. Try not to do homework or watch TV in bed.
- Incorporate exercise and outside time into your daily routine. Exercise during the day can help children feel more energetic and focused during the day and fall asleep and stay asleep more easily at night.