

Get at least 9 hours of sleep per night

According to the National Sleep Foundation, adolescents and teens should get at least 8.5 to 9.5 hours of sleep per day, and younger children should get even more

Why is adequate sleep important to children's health?

- ✓ Promotes enhanced memory and neuropsychological functioning in children
- ✓ Improves behavior and school performance
- ✓ Research has linked inadequate sleep with a higher risk for childhood obesity: A recent study found that with each extra hour of sleep, the risk of a child being overweight or obese dropped by 9%

Top tips for children and adolescents to get more sleep:

- ✓ Teach school age children about lifelong healthy sleep habits
- ✓ Continuously emphasize ***the need for a regular sleep schedule and bedtime routine.*** Don't use sleep as a punishment
- ✓ Make sure your child's bedroom is conducive towards sleep- dark shades, cool, quiet and ***without a TV, computer, iPad***
- ✓ Avoid giving children caffeine: Chocolate or caffeine containing snacks close to bedtime
- ✓ Know the signs of sleep-deprivation in your child: Adults get sleepy, but kids "tend to be more hyper, inattentive, irritated and annoyed."
- ✓ Monitor your child for difficulty breathing, unusual nighttime awakenings, chronic sleep problems, behavioral problems during the day and frequent daytime sleepiness.