

Sleep Hygiene

Getting a good night's rest is one of the healthiest things you can do. Kids who consistently get enough sleep learn better, play better, and have better memory, attention, behavior, and mood. Not getting enough sleep can lead to grumpiness, poor academic performance, and decreased mental and physical health. Childhood and adolescence are the prime years for brain and body development. Getting adequate sleep is essential if you want to be your smartest self and grow to your full potential.

How much is enough?

School-age children (ages 6-12) need 9-12 hours of sleep per night

Teenagers (ages 13-18) need 8-10 hours of sleep per night

How to develop good sleep habits



Stay on Track: Maintaining a consistent sleep schedule is a great way to increase the quality of your sleep. By going to bed and waking up at the same time (even on weekends!) your body can develop an internal clock to reliably get you through the night.



Control your Environment: Customize your bed and room to best suit you. Everybody has their own preferences, but getting cozy is always good. A cool, comfortable, and quiet room makes for a good night's sleep.



Have a Bedtime Routine: Having a predictable routine before bed can tell your body when it's time to go to sleep. Brushing your teeth, putting on your PJ's, and maybe reading a book just before bed can help your body and brain wind down before the lights go out.



Avoid Stimulation and Caffeine: Stay away from sugary drinks like soda or caffeinated beverages like coffee or tea a few hours before bedtime. Limiting physical activity at night can also be key for falling asleep.



Limit Screen Time: Blue light from the TV, tablet or phone can keep your brain stimulated even after your head hits the pillow. Instead of playing video games or watching TV before bed, try something relaxing like reading a book or taking a bath.



Avoid napping: A nice nap after school can feel good, but it makes it much harder to get to sleep and stay asleep in the evening. Getting some exercise in the afternoon may help you feel more awake than a nap does, and it will help you sleep later on.