Sleep Habits





Importance of Sleep

Good sleep is important for children and teens to have enough energy and feel their best. When children and teens do not sleep well or get enough sleep, it can affect their behavior and mood.



How to Support Your Child

Some children and teens who have trouble sleeping may need extra help, like Cognitive Behavioral Therapy for Insomnia or other treatments. Talk to your child's doctor if you have concerns about your child's sleep.

Create a bedtime

routine. Do the same

things each night to

get ready for sleep.



Make a **schedule** for regular bedtimes and wake times.



Turn off screens at least 1 hour before bed. Noisy, exciting videos make it hard to fall asleep.



Make the bedroom a calm, cool, and dark environment. Nightlights are okay.



Use the bed just for sleeping. Avoid naps after school, or keep them short.



Relaxing activities, like deep breathing, can help children and teens relax to fall asleep.



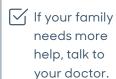
Avoid **caffeinated** sodas, coffee, and tea, especially in the afternoon or evening.



If your child's sleep cycle is already very off (like staying up all night), adjust their schedule gradually.



Need Help?





Scan below or **click here** for more information about how to find a mental health provider and how to get help in a crisis.



Pediatric Health Network

