

Good Sleep habits for children and teens

1. Stick to a regular sleep schedule-even on weekends. But if on some nights you're not sleepy at the regular time, don't go to bed until you are.
2. Exercise regularly, but avoid exercise late in the evening close to bedtime.
3. Put your worries away when you go to bed. Some people try writing them down, then crumpling up the paper, and tossing it in the waste basket.
4. Do something relaxing and enjoyable before bedtime.
5. Make your bedroom quiet and comfortable.
6. Avoid large meals just before bedtime.
7. Do not read or watch TV in bed. Reserve the bedroom for sleep.
8. If you cannot sleep within 15-20 minutes, get up and go to another room to read or do something relaxing. Return to bed when drowsy.
9. Remove the clock from eyesight.
10. Do not nap during the day. If you must nap, limit it to 30 minutes in the early afternoon.
11. Reduce caffeine use
12. Avoid frequent use of sedatives
13. Schedule outdoor time at the same time each day.