

# Make SLEEP a Priority!

Children/teens who get the recommended amount of sleep nightly display better mental and physical health. Along with better mental/physical health, they also show improvement in behavior, learning, attention, memory and emotional stability.

**S** Start a quiet time routine at least 20-30 minutes before bedtime. TVs, phones and tablets should not be a part of the bedtime routine.



**L** Limit eating prior to bed to light healthy snacks and small amounts of water. Avoid sugary foods and caffeinated drinks.



**E** Encourage your child to fall asleep on their own in their own bed. Putting your child to bed awake allows them to learn how to fall asleep alone in the bed.



**E** Engage in a discussion with your child's pediatrician about your child's sleep habits and any issues they may be having. Common sleep problems in children include difficulty falling asleep, excessive daytime sleepiness, heaving breathing or snoring while sleeping and night terrors.



**P** Put your child to bed at a consistent time every day which allows them to get the recommended number of hours of sleep for their age group.



visit [sleepallies.org](http://sleepallies.org)  
for more information

**AAHS**  
AMERICAN ALLIANCE FOR  
HEALTHY SLEEP