It's Bedtime!

How Many ZZZs Does Your Child Need?

- Newborn: 15 to 18 hours
- 1-12 months: 12 to 14 hours
- 3-6 years: 10 to 12 hours
- 7-12 years: 10 to 11 hours
- 12-18 years: 8 to 9 hours
Avoid:

- Watching TV or playing video games within an hour of bedtime
- Too much or too little light, cold, heat, or noise
- Sirens, loud music, and even your hamster running on its wheel!
- Sodas that contain caffeine. Caffeine can keep you wide awake.
- Chocolate also has caffeine.

http://www.sleepforkids.org/images/traps.jpg
“Get a Good Night’s Sleep, You Will Do Better!”

Mrs. McNally

Good sleep hygiene means that you:
• have a quiet, relaxed, restful bedroom (ALL SCREENS OFF).
• go to sleep early and at the same time every day (9 pm).
• avoid heavy meals or caffeinated drinks in the evening.
• avoid 3-hour naps in the afternoon.
• avoid excitement before bedtime.

REWARDS
• more energy without junk food
• better focus and memory
• friendly mood
• Better grades

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More Tips: http://sleepfoundation.org/ask-the-expert/sleep-hygiene