

# Healthy Sleep Tips

Do you want your child...**to be healthier?**  
**to behave better?**  
**to achieve more in school?**

## Make sure your child is getting enough sleep!

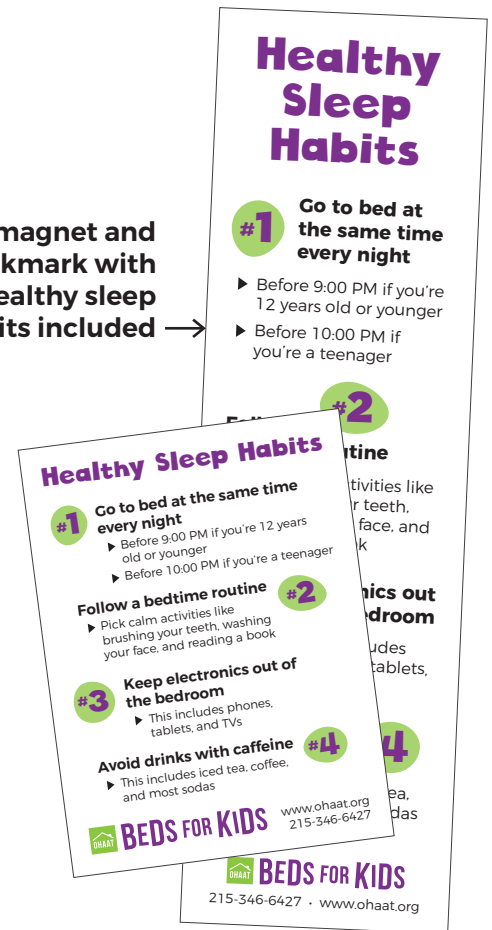
- 2 to 5 year-olds need 11 to 13 hours of total sleep (nighttime sleep + a daytime nap)
- 6 to 11 year-olds need 10 to 12 hours of sleep (children older than 5 should avoid napping in the afternoon—this makes it harder to get to bed on time)
- 12 to 18 year-olds need 9 to 11 hours of sleep

Teach your child healthy sleep habits! These four habits have been proven to help children sleep better:

- #1 Go to bed at the same time every night**
  - ▶ Before 9:00 PM if you're 12 years old or younger
  - ▶ Before 10:00 PM if you're a teenager
- #2 Follow a bedtime routine**
  - ▶ Pick 2 to 4 calm activities like brushing your teeth, washing your face, and reading a book
- #3 Keep electronics out of the bedroom**
  - ▶ This includes phones, tablets, and TVs
- #4 Avoid drinks with caffeine**
  - ▶ This includes iced tea, coffee, and most sodas

We've provided a magnet and bookmark to help you and your child remember these four habits.

magnet and bookmark with healthy sleep habits included →



## Healthy sleep is important for parents too!


If you aren't sleeping well, it is harder to care for your child.


Here are some healthy habits that have been proven to help adults sleep better:

- Make sure you're getting 7 to 9 hours of sleep every night
- Have the same bedtime and bedtime routine every night (your bedtime can be 1 to 2 hours later on weekends)
- Stop using electronics 30 minutes before turning out the lights
- If you work the night shift, try to keep your sleep schedule the same, even on weekends (switching between sleeping during the day and sleeping at night is hard on your body)

One House at a Time (OHAAT) is a 501(c)(3) nonprofit organization. Its current focus is a program called Beds for Kids, which helps children and youth get the sleep they need to thrive.

 **BEDS FOR KIDS**  
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