



SLEEP FOR SCHOOL-AGED CHILDREN



HOW MUCH SLEEP DOES A SCHOOL-AGE CHILD NEED?

The school aged child needs 9-12 hours of sleep.

If your child does not get enough sleep, they may be cranky, moody, hyper, problems with memory and have behavior problems at school.



WHAT CAN I DO TO HELP MY SCHOOL-AGE CHILD SLEEP?

Turn off all screens one hour before bed.

Keep computers, game systems, TV's and phones out of the bedroom.

Have a set bedtime routine and stick to it. Have a relaxing, calm routine 30 minutes before bed. This may include a bath, brushing teeth and a bedtime hug.

Set limits. If the child stalls at bedtime be sure to set clear limits, such as what time the lights go out.

Have set wake-up times even on the weekend. Aim for sleep and wake times on the weekend to be no later than 1 hour different.

Keep the bedroom dark, cool, and quiet.

Make sure your child gets plenty of exercise during the day.

Avoid foods or drinks with caffeine.

If you have any questions or concerns about your child's sleep, check with your doctor.



Reach FIPP at (828) 608-6700 or visit us at www.FIPP.org



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