



Sleep Hygiene for Kids

Many kids have difficulty falling or staying asleep. We know sleep can have a big impact on the ability to focus and control emotions. Below are some tips to help make sleeping a little more restful:

During the day

- **Get active!** Physical activity will help sleep come easier at night, but avoid strenuous workouts close to bedtime.
- **Limit naps after the midafternoon** so that kids are sleepy at bedtime.
- **Bed = Sleep.** Avoid doing other activities in bed other than sleeping.

In the evening

- **Log off.** Screens should be turned off and put away 1-2 hours before bedtime. Light from screens can signal to the brain that it should stay awake.
- **Eliminate “sugar highs.”** Caffeine or sugar in the afternoons/evenings might be keeping your kiddo awake.
- **Wind down.** Try to keep night time activities calm and quiet. Probably not be the best time for your silliest or most active games.

At bedtime

- **Get that bedtime routine down.** Doing the same thing night after night will help the brain link that routine with upcoming sleep. Plus kiddos will know what to expect each night!
- **Make it cozy.** You can play background noise from a sound machine, keep the room cool (60°-67°), remove electronics, or have a comfort object.
- **Worry free zone.** For kids who tend to worry at bedtime, try to schedule another time during the day to discuss their concerns.
- **Inching out.** For kiddos who want a parent present to fall asleep, try inching yourself out little by little. Try each for a few nights: 1. sitting next to the bed, 2. sitting across the room, 3. sitting outside the door, etc.
- **“Alright, back to bed.”** For kids who come out of their room at night, (*key word*) calmly walk them back to their bed. Doing this consistently will teach them the rules.



Sleep Resources for Kids

Bedtime Books for Kids

- *I Am Not Sleepy, and I Will Not Go To Bed* by Lauren Child
- *Stories of the Night* by Kitty Crowther
- *Dr. Suess's Sleep Book* by Dr. Suess
- *The Rabbit Who Wants to Fall Asleep* by Carl-Johan Forssén Ehrlin
- *Good Night, Planet* by Liniers
- *The Way Home in the Night* by Akiko Miyakoshi

Websites and Apps for Winding Down at Bedtime

- Free short bedtime stories: www.worldoftardy.com
- Digital apps for bedtime relaxation:
 - Oak (free relaxing sounds + guided breathing)
 - Calm (soothing bedtime stories + meditations)
 - Libby (connect to local library card for free audiobooks)
 - Virtual Cope Box (free relaxation exercises)
- Free sound machine noises can be found on google podcasts: 15 Hour Sound Machines by Brandon Reed



Other Helpful Bedtime Accessories

- For kids who have difficulty staying in bed at night or early in the morning, a sleep training clock may be helpful to indicate when they can get out of bed.
- Comfort objects such as blankets and stuffed animals may help children feel safe in bed. For safety reasons, children 12 mos. and younger should not have comfort objects in their cribs.