

Top 10 Healthy Sleep Habits for Children & Teens

From the American Academy of Sleep Medicine

Sleep is an important part of a healthy lifestyle. It helps you feel, think and perform your best. So it is critical for you to get a good night of sleep every night. These Top 10 healthy sleep habits will help you fall asleep faster and sleep well.

1. Only use your bed for sleeping.
2. Avoid drinking caffeine in the afternoon and at night.
3. Avoid taking naps in the late afternoon or in the evening.
4. Avoid large meals right before bedtime.
5. Dim household lights at night and let in plenty of sunlight in the morning.
6. Create a healthy sleep environment in your bedroom with:
 - ☺ Dim lighting
 - ☺ A comfortable temperature
 - ☺ Soothing sounds
 - ☺ No TV or computer
7. Turn off all of these items at least 30 minutes before your bedtime:
 - ☺ Computer
 - ☺ TV
 - ☺ Movies and videos
 - ☺ Video games
 - ☺ Cell phone
8. Develop a bedtime routine that helps you relax by:
 - ☺ Eating a healthy snack or light dessert
 - ☺ Brushing your teeth
 - ☺ Taking a warm bath or shower
 - ☺ Reading
 - ☺ Listening to relaxing music
9. Go to bed at or near the same time every night, even on weekends.
10. Discuss any ongoing sleep problems with your parent or doctor.