



Recommendations to Improve Sleep Hygiene

Recommended Sleep: According to the National Sleep Foundation, teenagers need between 8.5 and 9.5 hours of sleep each night and children aged 5 - 12 need between 10 and 11 hours.

1. Establish a consistent bedtime routine. This can help "signal" your body that it is time to fall asleep.
2. Set a consistent sleep time and wake time each day.
3. Avoid "sleeping in" on days that you do not have school or other early commitments (i.e., weekends). Try to keep your weekend sleep and wake times within one hour of your weekday sleep and wake times.
4. Eliminate food or beverages that contain caffeine at least 4-6 hours before bedtime.
5. Eliminate use of electronics (e.g., cell phones, laptops, iPads, etc.) at least 1 hour before bedtime.
6. Avoid all activities (e.g., homework) except sleeping in bed.
7. Try to avoid napping or limit naps to under 20 minutes.
8. Exercising during the morning or afternoon can help promote sleep. However, exercising in the evening can actually make it more difficult to fall asleep.
9. Make sure the temperature is cool and comfortable.
10. Eliminate extra lighting or noise.
11. Practice behavioral relaxation strategies, such as deep breathing, progressive muscle relaxation, and guided imagery, to reduce anxiety and tension and promote sleep.
12. If you cannot fall asleep between 15-20 minutes, get out of bed and do something relaxing (e.g., reading). Get back into bed when you feel sleepy.
13. If difficulties persist, you may consider talking to your doctor about taking Melatonin to help initiate sleep.