

HEALTHY SLEEP *in children*

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DOES YOUR CHILD GET ENOUGH *sleep?*

Sleep is very important for children. Getting enough sleep is essential for your child's growth and health.

HOW MUCH SLEEP DOES MY CHILD NEED?

Studies show that many children do not get enough sleep each night.

Here are the recommended amounts of sleep, in general, for each age.

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- **Newborns:** 12 to 16 hours total in short sleeping periods. Before 3 months, babies' sleep patterns may not follow day and night yet since they are still developing an internal clock.
 - **Infants, toddlers, and preschoolers:** 11 to 14 hours, including naps
 - **School-age children (kindergartners to 8th graders):** 9 to 10 hours
 - **9th-10th graders:** 9.25 hours
 - **11th-12th graders:** 8.5 hours
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FIND OUT IF YOUR CHILD NEEDS MORE SLEEP

Your child may need more sleep if he or she exhibits these behaviors.

DIFFICULTY GETTING UP IN THE MORNING:

If you have trouble waking your child every morning, he or she may not be getting enough sleep.

FALLING ASLEEP DURING SCHOOL: If your child's teacher tells you that your child is falling asleep during class, your child may need more sleep.

ACTING OUT/HYPERACTIVITY: Children may also be more active when they're sleepy. They can have problems getting along with others and paying attention.



For more information, visit [sleepeducation.org](https://www.sleepeducation.org)

CONSEQUENCES OF NOT ENOUGH SLEEP

POOR SCHOOL PERFORMANCE: A lack of sleep can cause problems with memory, concentration, and problem solving. Children's grades often improve when they are getting enough sleep.

HEIGHT AND WEIGHT: Children who don't get enough sleep can have problems growing and may have trouble achieving a healthy weight.

SLEEP DISORDERS IN CHILDREN

Sometimes your child may not be getting enough sleep due to a sleep disorder. One of the most common sleep disorders in children is Obstructive Sleep Apnea.

SNORING AND OBSTRUCTIVE SLEEP APNEA:

Obstructive Sleep Apnea, or OSA, is a common sleep disorder. In someone with OSA, the airway collapses part or all of the way while sleeping. Oxygen flow to the brain is decreased, and the individual may wake up multiple times during the night.

DOES MY CHILD HAVE OSA?

Signs of OSA in Children

- Loud snoring
- Mouth-breathing
- Restless sleeping
- Night sweats
- Hyperactivity

RISK FACTORS FOR OSA IN CHILDREN

- Having enlarged tonsils or adenoids
- Being overweight
- Having certain genetic or neuromuscular disorders

HOW IS OSA TREATED?

If your child's OSA is caused by enlarged tonsils or adenoids, then surgery is often recommended. Children may also be treated with Positive Airway Pressure (PAP) devices that they can wear while they sleep.

There are other sleep disorders that can affect children, like Restless Legs Syndrome or Narcolepsy.

Speak with your child's health care provider if you think that your child might have OSA or another sleep disorder.

TIPS FOR HELPING YOUR CHILD SLEEP

TEACH YOUR CHILD ABOUT THE IMPORTANCE OF SLEEP: If your child understands that sleep is important, you can work together to improve his or her sleep. Try to model good sleep habits yourself.

NO CAFFEINE: Giving your child caffeinated beverages, like soda, can negatively affect his or her sleep.



CREATE A SOOTHING ROUTINE: A routine can help your child get ready for bed. Try adding some elements like bath time or reading a story.

Studies show that children who have a bedtime routine wake up fewer times during the night.

KEEP DEVICES OUT OF THE BEDROOM: The light from televisions, computers, cell phones, and video game devices can prevent your child from sleeping. It's best to keep these devices out of the bedroom to help your child fall and stay asleep.

MAINTAIN A CONSISTENT BEDTIME AND WAKE TIME: Have a regular bedtime and wake time for your child, including on weekends and during vacations. Make sure that the bedtime is early enough that your child gets the recommended amount of sleep.

If your child is still having trouble sleeping after trying these tips, talk to your child's health care provider.

**ASK ABOUT
PERSONALIZATION**

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