

RISE AND SHINE FOR BACK-TO-SCHOOL TIME!



Help your **student** transition smoothly into a school routine and make the most of this school year, all with **better sleep**.

WHY CHILDREN NEED QUALITY SLEEP



- Sleep serves as a daily reset that helps support brain and physical development
- Quality sleep each night helps children:
 - be more focused and alert
 - regulate hyperactivity and impulse
 - balance mood and emotions
 - strengthen the immune system

WHAT DOES QUALITY SLEEP LOOK LIKE?



- Wake up refreshed and well-rested
- Stay focused and engaged in play and learning
- Retain information and follow directions
- Handle frustrations without mood swings and tantrums

PRACTICE CONSISTENCY



- Encourage physical activity and play during the day
- Reduce distractions, such as electronics, at least 30 minutes before bed
- Wind-down with a warm bath and change into comfortable pajamas
- Engage in calming activities, such as reading together or coloring
- Set a good example by making sleep a priority for yourself

HOW MUCH SLEEP DOES MY CHILD NEED?



Preschoolers (3-5 years): 10-13 hours per day, including naps

Elementary ages (6-12 years): 9-12 hours nightly

Teenagers (13-17 years): 8-10 hours nightly

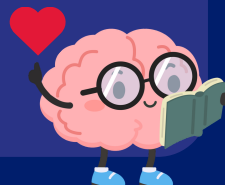


Use a [sleep tracker](#) to record when your child goes to bed and wakes up each day, including weekends.

WHEN TO SEEK HELP

Remember that building healthy habits takes time. Being consistent and encouraging positive sleep behavior will help your child on the road to more restful sleep.

If your child is still struggling with getting enough restful sleep, talk with your doctor.



Scan here for sleep health resources!