

RISE AND SHINE FOR BACK-TO-SCHOOL TIME!



Help your child make the most of this school year with **better sleep**

WHY WE NEED QUALITY SLEEP



- Sleep is our daily reset that allows our bodies to repair and destress
- Quality sleep each night helps us:
 - be more focused and alert
 - have more energy
 - regulate our mood and emotions

WHAT DOES QUALITY SLEEP LOOK LIKE?



- Wake up refreshed and feel well-rested
- Feel clear-headed and capable of paying attention
- Feel in a good mood
- Have enough energy to get you through the day

PRACTICE CONSISTENCY



- Use a sleep tracker to record what time your child goes to bed and wakes up each day, even on weekends
- Reduce distractions, such as electronics, at least 30 minutes before bed
- Wind-down with a warm bath and change into comfortable pajamas
- Encourage calming activities, such as reading, coloring, or journaling

HOW MUCH SLEEP DOES MY CHILD NEED?



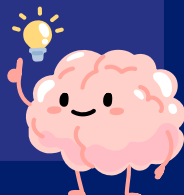
- Newborns** (0-3 months): 14-17 hours per day ★
- Infants** (4-12 months): 12-16 hours per day ★
- Toddlers** (1-2 years): 11-14 hours per day ★
- Preschoolers** (3-5 years): 10-13 hours per day ★
- School ages** (6-12 years): 9-12 hours nightly
- Teenagers** (13-17 years): 8-10 hours nightly

★ recommended hours, including naps

WHEN TO SEEK HELP

Remember that building healthy habits take 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!