



5.2.1.0+9 HEALTHY SLEEP TIPS

- Make sure your child gets plenty of exercise daily.
- Limit the amount of caffeine your child consumes. Beware of caffeine in non-cola sodas, dark chocolate, and energy drinks.
- Develop a regular sleep schedule. Keep the same sleep and wake time every day.
- Plan quiet time one hour before bedtime. Turn off all electronics!
- Keep a consistent bedtime routine. Have your child brush her teeth, read a book, listen to calming music, or take a warm bath or shower.
- Try to create a quiet, comfortable bedroom area with no television, computer, or phone.
- Avoid large meals within 2 hours of bedtime. If your child is hungry, offer him a healthy, non-sugary snack.

OUR MISSION

As expressions of God's healing love, witnessed through the ministry of Jesus, we are steadfast in serving all, especially those who are poor and vulnerable.

OUR VALUES

Compassion, Dignity, Justice, Excellence, Integrity

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We do not discriminate on the basis of race, color, national origin, sex, age, or disability in our health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711).

注意：如果您講中文，您可以免費獲得語言援助服務。請致電 888-311-9127 (TTY: 711)。



Take the 5.2.1.0+9 Sleep Challenge



5.2.1.0+9 Sleep Chart

Teach kids about the importance of sleep.

The right amount of sleep is as important as proper nutrition and exercise! Getting the recommended number of hours of sleep each night is linked with better:

- Health
- Attention
- Behavior
- Learning
- Emotional control

Seek help if your child:

- Is overly sleepy during the day.
- Wets the bed more than once a week and is five years old or older.
- Snores and/or has pauses in breathing during sleep.
- Has nightmares that cause anxiety, distress, or bedtime resistance.
- Has any other sleep problem or disturbance that is not resolving.

Age	Total Sleep Needed (including naps)	Sleep Pattern	Tips
Newborn (0 to 4 months)	14.5 to 18 hours	Irregular, day and night sleep. Multiple sleep periods.	Create a positive and safe environment.
Infant (4 to 12 months)	12 to 16 hours	Night-time sleep plus naps (2.5 to 5 hours).	Create a regular schedule for bedtime.
Toddler (1 to 2 years)	11 to 14 hours	Night-time sleep plus naps (1.5 to 3.5 hours).	Maintain a regular sleep schedule and bedtime routine. No electronics.
Pre-schooler (3 to 5 years)	10 to 13 hours	Night-time sleep plus naps. Naps usually end around age 5.	Maintain a regular sleep schedule and bedtime routine. No electronics.
School-age (6 to 12 years)	9 to 12 hours	Night-time sleep. Limited number of naps.	Be aware of increasing demands that limit sleep (electronics, caffeine homework).
Teenager (13 to 18 years)	8 to 10 hours	Night-time sleep. Limited number of naps.	Be aware of increasing demands that limit sleep (electronics, caffeine homework).

Source: Recommended Amount of Sleep for Pediatric Populations: A Consensus Statement of the American Academy of Sleep Medicine