

## What Is a Good Bedtime Routine?

A good bedtime routine means that getting up and out of the house for school will be much easier. We all manage the day better after a good night's sleep.

Winding down at the end of the day can help children sleep well and prepare for school the next day. A good bedtime routine includes relaxing, such as:

- Taking a warm bath/shower
- Brushing teeth and washing up
- Cuddling with a parent
- Listening to calm music
- Reading with a parent or individually
- Journaling – writing or drawing about the day
- Meditating
- Trying to dismiss worries – use something like a Worry Monster



Sleep hygiene is essential for helping children sleep well. Sleep hygiene tips include:

- **Exercise regularly:** Exercise promotes sleep and reduces stress. However, your child should not exercise too close to bedtime.
- **Avoid too many extracurricular activities:** While it may be fun to have a schedule full of activities, free time and rest time are also important to children's development.
- **Limit napping:** Napping in adolescents is linked to shorter and poorer sleep at night. However, if your child needs to nap, try to keep the naps less than 30 minutes long

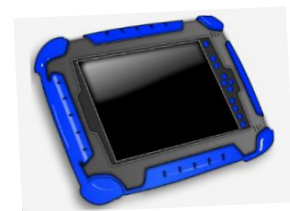


A child's sleep environment contributes to how well they sleep.

- **Keep the room dark:** Dark or heavy curtains can eliminate outside light.
- **Make sure the room is cool.:** An environment that is too warm can keep your child awake.
- **Eliminate noises and keep the room quiet:** Some children may prefer a white noise machine or a fan to create a soothing sound so they sleep distraction-free.
- **Use the bed only for sleep:** Encourage your child to do homework, reading, and other activities somewhere other than in bed.

Multiple studies suggest that children exposed to blue light before bedtime experience poorer quality sleep. It is thought that blue light suppresses, the hormone that tells the body it's time to sleep. Encourage children to avoid the following in the hour before bedtime:

- TVs
- Computers and laptops
- Cell phones
- Handheld video game devices
- Other electronics that emit blue light



Giving up devices before bed might be difficult for some children.

Suggest alternative forms of relaxation, such as reading, craft or construction. Spend time with your child to help them unwind.