

## Kids and teens need sleep for optimal brain functioning.

- Sleep allows the brain to recharge and process information learned during the day. Sleep is especially important for children's memory, ability to pay attention, emotional regulation, and learning. Sleep and mental health are interconnected.
- When we get the right amount of sleep, the brain helps to manage hunger cues.

## How can I help my child get the sleep s/he needs?

- Set and maintain bedtime routines. Try to have the same bedtime and routine each night. Consistency is key to maintaining the benefits of good sleep. Try not to rely on "sleeping in" on the weekend to catch up on sleep.
- Make the room where your child sleeps comfortable. Use dark curtains, keep it cool and quiet.
- Keep screens out of the bedroom and stop screen time at least one hour before bedtime.
- Avoid staying in bed when not sleeping.
- Minimize caffeine intake, and avoid caffeine in the afternoon or evening.
- Avoid napping too close to bed time,
- Make exercise part of the daily routine. Exercise can help to feel alert during the day and can also make it easier to sleep well at night.
- Getting exposure to bright light in the morning can help to regulate sleep cycles.

**Having a routine in place can make it easier to fall asleep at night. Remember the FIVE B's for a healthy bedtime routine.**

**Bathe.** A warm bath or shower can help you begin to relax.

**Brush teeth.** Don't forget about good oral hygiene!

**Books.** Put the screens away and relax with a book.

**Breathe.** A few deep breaths can clear your head and get you ready for sleep.

**Bed.** Time to sleep!



THE W.E.L.L. CLINIC

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