

# Sleep Tips

## **NEWBORNS**

- ❖ Observe baby's sleep patterns and identify signs of sleepiness.
- ❖ Put baby in the crib or bassinet when drowsy, not asleep.
- ❖ Place baby to sleep on his back with face and head clear of blankets and other soft items, ie. Crib bumpers.
- ❖ Encourage nighttime sleep.

## **INFANTS**

- ❖ Develop regular daytime and bedtime schedules.
- ❖ Create a consistent and enjoyable bedtime routine.
- ❖ Establish a regular "sleep friendly" environment.
- ❖ Encourage baby to fall asleep independently and to become a "self-soother."

## **TODDLERS (Ages 1 to 3)**

- ❖ Maintain a daily sleep schedule and consistent bedtime routine.
- ❖ Make the bedroom environment the same every night and throughout the night.
- ❖ Set limits that are consistent, communicated and enforced. Encourage the use of a security object such as a blanket or stuffed animal.

## **PRESCHOOLERS (Ages 3 to 5)**

- ❖ Maintain a regular and consistent sleep schedule.
- ❖ Have a relaxing bedtime routine that ends in the room where the child sleeps.
- ❖ Child should sleep in the same sleeping environment every night, in a room that is cool, quiet, and dark – and without a TV.

## **SCHOOL-AGE CHILDREN (Ages 5 to 12)**

- ❖ Teach school-age children about healthy sleep habits.
- ❖ Continue to emphasize the need for regular and consistent sleep schedule and bedtime routine.
- ❖ Make child's bedroom conducive to sleep – cool, dark and quiet.
- ❖ Keep TV and computers out of the bedroom.

- ❖ Avoid caffeine that is found in coffee, tea and chocolate.

### **TEENAGERS**

- ❖ Naps can help pick up teens and make them work more efficiently, if they are planned right. Naps that are too long or too close to bedtime can interfere with regular sleep. A 20-minute power nap is helpful after school.
- ❖ Make the room a sleep haven. Keep it cool, quiet, and dark. If necessary, use eyeshades or blackout curtains. Let in bright sunlight in the morning to signal the body to wake up.
- ❖ Establish a bed and wake time and stick to it, coming as close as possible on the weekends. A consistent sleep schedule will help teens feel less tired since it allows the body to get in sync with its natural patterns.
- ❖ Do not eat, drink, or exercise within a few hours of bedtime. Don't leave homework for the last minute. Try to avoid the TV, computer, or cell phone in the hour before bedtime. If teens stick to quiet, calm activities, they will fall asleep much more easily.
- ❖ If they do the same things every night before they go to sleep, they teach their body the signals that it's time for bed. Try taking a bath or shower (this will leave extra time in the morning) or reading a book.
- ❖ Try keep a diary or to-do lists. If they jot notes down before they go to sleep, teens will be less likely to stay awake worrying or stressing.

(Adapted from the National Sleep Foundation)