

SLEEP TIPS FOR CHILDREN

Sleep is vital for children's growth, learning and development. Having a good sleep every night will make your child happier, help them to concentrate and remember things, and improve their behaviour.

HOW MUCH SLEEP DO CHILDREN NEED?

The amount of sleep we need changes with age. Everyone is different, but as a guide, children need the following amount of sleep every night:

AGE 3 TO 5:

10 to 13 hours

AGE 6 TO 13:

9 to 11 hours

AGE 14 TO 17:

8 to 10 hours

Getting enough sleep is important for your child's physical health, brain function, emotional wellbeing, safety, and ability to function day to day. Not having enough sleep or not sleeping well can affect how children learn and lead to mood swings and behavioural problems.

TIPS

Sleep in school-age children can be affected by their busy lives, homework and all the activities they must take part in. Screen time and caffeine products can also prevent them from falling asleep easily. Help your child to sleep well by:

- teaching them about healthy sleep habits
- ensuring their room is dark, cool and quiet
- continuing with a regular sleep schedule and bedtime routine
- keeping screens out of the bedroom (watching TV too close to bedtime has been shown to interfere with children's ability to sleep)
- helping your child to relax before bed
- avoiding caffeine (in tea, coffee, sports drinks and chocolate)
- making sure your child gets plenty of natural light during the day