



- Have a consistent bedtime routine with dim lights and calm, quiet activities, like reading books or singing songs.
  - For smaller children, a 10- to 20-minute bedtime routine is fine. When it's over, you should say good night and leave while your child is still awake.
  - Older children can have a similar routine, such as reading and/or listening to quiet music. (Turn off music before your child falls asleep.)
- Keep the television, computer, tablets and cell phone outside of the bedroom.
- Avoid TV/computer/screen time 1 to 2 hours before bedtime.
  - The American Academy of Pediatrics discourages TV and other media use by children younger than 2 and encourages interactive play. For older children, total screen time should be limited to less than 1 to 2 hours a day of educational, nonviolent programs.
  - Parents or other responsible adults in the home should supervise screen time.
- Make a sleep-promoting environment that is comfortable, dark, cool and quiet. A dim nightlight (less than 10 watt) is okay.
- Have your child go to bed and wake up at the same time *every day* including weekends. Wake-up times are much easier to control and help to determine what time your child can fall asleep.
- Have your child exercise regularly, but finish exercising at least 3 hours before bed.
- Try not to give your child caffeinated beverages, such as coffee, tea, chocolate milk, soda, iced tea or energy drinks. However, if your child does drink a caffeinated beverage, make sure it's not after lunch. Caffeine affects the body up to 12 hours after it's consumed.
- In the morning, have your child eat breakfast, be exposed to bright light and be active. Have your child avoid TV or computer time for the first hour of the day. This will tell your child's body that it's morning!

It's important that your child get the appropriate amount of sleep their body needs. See the table below.

Age	Total Number of Hours	Nighttime Sleep	Daytime Sleep	Number of Naps
Newborn	16	Varied	Varied	Varied
3 months	13	8 ½	4 ½	3-4
6 months	12 ½	9 ¼	3 ¼	2-3
1 year	11 ¾	9 ¼-10 ¼	1 ½-2 ½	1-2
2 years	11 ½	9 ¾	1 ½	1
3 years	11 ¼	9 ¾-11 ¼	0-1 ½	0-1
4 years	11	10-11	0-1	0-1
6 years	10 ½	10 ½	0	0
10 years	10	10	0	0
Teens	9 ¼	9 ¼	0	0

### Facts about sleep and naps

- After the first few weeks of life, most children's sleep times fall within about an hour of those listed.
- Naps usually stop by a child's fourth birthday, but some children continue to nap until age 5.

### About the Sleep Center

The Sleep Center sees children of all ages with a wide variety of sleep problems at clinics in Boston, Lexington, North Dartmouth, Peabody and Waltham. **To make an appointment**, call the Sleep Center at 781-216-2570, Monday-Friday, 8 a.m. to 5 p.m.