



- Have a consistent bedtime routine with dim lights and calm, quiet activities, like reading books or singing songs or listening to music.
 - Children should have a 10- to 20-minute bedtime routine in the room where they will sleep. At the end, you should say good night and leave while your child is still awake.
 - Turn off music before your child falls asleep. The environment should stay the same while they're asleep and during the night for when your child wakes between sleep stage transitions.
- Keep televisions, computers, tablets and cell phones 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.
- Research shows that screen time disrupts sleep.
- Make a sleep-promoting environment that is comfortable, dark, cool and quiet. A dim nightlight (less than 10 watt) and a sound machine (lowest setting) is OK.
- 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 be active/exercise regularly, but finish exercising at least 3 hours before bed.
- Try not to give your child caffeinated drinks, such as coffee, tea, chocolate milk, soda, iced tea or energy drinks. But if your child does drink caffeine, 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.

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 the times listed.
- Naps usually stop by age 4. Most children drop naps between 3–5 years old.

About the Sleep Center

The Sleep Center sees children of all ages with a wide variety of sleep problems. **To make an appointment**, call the Sleep Center at (781) 216-2570, Monday–Friday, 8am–5pm.