



We all know sleep is important, but did you know that it impacts both physical health and mental health? Children often need more sleep than parents and caregivers realize, and the amount varies by age:

HOW MUCH SLEEP DO KIDS NEED?	Recommended Sleep Totals (National Sleep Foundation)	
	Newborns (0-3 months)	14 -17 hours
Infants (4-11 months)	12-15 hours	
Toddlers (1-2 years)	11-14 hours	
Preschoolers (3-5 years)	10-13 hours	
School-Aged (6-13 years)	9-11 hours	
Teenagers (14-18 years)	8-10 hours	

We also know that lack of sleep can have mental health impacts, including reduced coping skills, acting out, and feeling stressed or worried.

Things you can do to help kids get good sleep

1. _____
2. _____
3. _____

Establish a schedule. That even means on weekends. It's hard to give up sleeping in on weekends but having similar wake up and bedtimes every day helps.

TIP: If you do get off schedule (due to illness, vacation, etc.), ease back into your regular schedule in 30-minute increments.



Set a bedtime routine. Routines help create expectations. Even infants and young children will go to bed more easily if they've come to expect going to bed after things like a bath or story time.

TIP: Avoid screens 30-60 minutes before bed; this can wake children up more than it relaxes them (even teens).

Try the Bedtime Ticket. If you have a child who keeps getting out of bed for “one more thing,” you may want to try giving them a **Bedtime Ticket**.



- Start with giving them 2 or 3 and over a week or two reduce these incidences to fewer.
- To get out of bed, they must produce their ticket. They then need to quickly address their issue (another drink, a hug, etc.) and return to bed.
- If they are out of tickets, instruct them to go back to bed and try to avoid giving them attention.



ON OUR SLEEVES
The Movement for Children's Mental Health

Wolfson Children's Hospital

www.OnOurSleeves.org



ON OUR SLEEVES
The Movement to Transform Children's Mental Health

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By using these sleep tips, you can help your child fall asleep and stay asleep. Getting more sleep will help their mental health, improve their concentration, and boost their physical health as well. Need help getting started? Download the **My Bedtime Routine Checklist** (available in **English** and **Spanish**) and **Bedtime Ticket** (also available in **English** and **Spanish**) to fill out together.

Don't forget to share how you're using *On Our Sleeves* resources. Hit the **reply button** to tell us your *On Our Sleeves* story.

Sincerely,
Wolfson Children's Hospital

The mission of *On Our Sleeves* is to provide every community in America access to free, evidence-informed educational resources necessary for breaking stigmas about child mental health and educating families and advocates. **For more information, visit OnOurSleeves.org.**

To access educational resources and revisit the mission of *On Our Sleeves*®, visit WolfsonChildrens.com/OnOurSleeves.

Wolfson Children's *On Our Sleeves* is made possible by Robert and Margaret Hill.



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