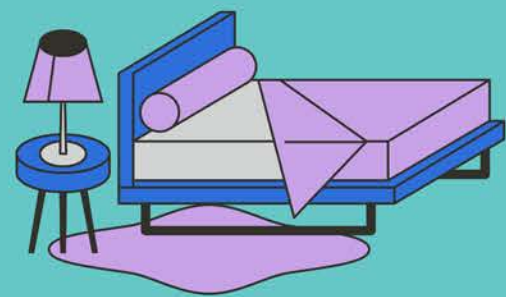


# HOW TO GET A GOOD NIGHT'S SLEEP CHECKLIST



**FEELING TIRED? HERE ARE SOME SIMPLE TIPS TO HELP GET YOUR FAMILY READY FOR SLEEP.**

## SLEEP ENVIRONMENT



Making a restful sleep space is important when trying to get a good night's sleep.

Temperature, noise, lighting, comfort, and safety can all play a big role in how well you sleep.

## LIMIT SCREEN TIME



Screens are a major part of our lives. But let's find a balance:

- ✓ Turn off all screens one hour before bedtime.
- ✓ Avoid having screens in the bedroom.

## HAVE A ROUTINE

- ✓ Be a role model, make sleep a priority.
- ✓ Talk to your child about why sleep is important.
- ✓ Go to bed and wakeup at the same time everyday.
- ✓ Involve your child in creating a sleep routine.

## MAKE A RESTFUL SLEEP SPACE



Follow these tips to prepare your family's sleep spaces:

- ✓ Dim the lights in the house one hour before bedtime.
- ✓ Keep the bedroom cool, quiet, and dark.
- ✓ Use the bed/sleep space for sleep only.

**WANT MORE INFORMATION ABOUT SLEEP?**



[wechu.org](http://wechu.org)

