

# Sleep Tips FOR SUPER SLEEPER SUPERSTARS

Parents play an important role in helping their children develop healthy sleep habits. Children who get enough sleep are more ready to learn, play, and manage their emotions both at home and at school. A routine where children go to bed at the same time each night and get up at the same time each morning helps them to get the rest they need.

## How much sleep should a child get?

Children aged **3-4** years need **10 to 13 hours** every day

Children aged **5-13** years need **9 to 11 hours** every day

To learn more about the Canadian 24-Hour Movement Guidelines visit the Canadian Society for Exercise Physiology website at [csepguidelines.ca](https://csepguidelines.ca) or scan the QR code.



Use these tips to help your child get ready to start school and get the sleep they need:

### MAKE A BEDTIME ROUTINE

- A bedtime routine starts at the same time every night.
- Have relaxing and calm activities to help your child to slow down as bedtime comes closer.
- Start your child's bedtime routine 30 to 60 minutes before bed.
- A bedtime routine of bath, story, and bed can help your child feel ready for sleep.
- Do the bedtime routine steps in the same order every night.

### MAKE A RESTFUL SLEEP SPACE

- Dim the lights in the house one hour before bedtime.
- Turn off all screens one hour before bedtime and remove them from the bedroom.
- Keep the bedroom cool, quiet, and dark.
- Teach your child that the bed is for sleep only. When the bed is used for sleep only, it is easier to relax and fall asleep at night.

### ADDITIONAL TIPS

- It helps not to have a large meal before bedtime. If your child is hungry, have a small snack.
- Physical activity during the day can help children to fall asleep more easily. Avoid high energy activities 2 hours before bed.
- Avoid food and drinks with caffeine (pop and chocolate) at least 6 hours before bed.




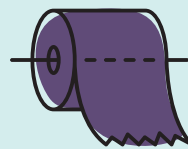


**If you are worried about your child's sleep, speak with your healthcare provider.**



# A Bedtime Routine FOR A SUPER SLEEPER SUPERSTAR

To help your children become better sleepers, a bedtime routine follows the same steps in the same order every night. Keeping a regular sleep time and wake up time is also an important part of a bedtime routine.

*Mark the boxes when each action is complete.*

	 shower, bathe, or wash up	 put on pajamas	 brush teeth	 use the bathroom	 bedtime story	 say goodnight and lights out <i>sleep time</i>
SUN						
MON						
TUES						
WED						
THURS						
FRI						
SAT						



# Create Your Own SUPER SLEEPER BEDTIME ROUTINE!

*Create a bedtime routine chart with your child that includes calming activities to help prepare them for sleep.*

SUN					
MON					
TUES					
WED					
THURS					
FRI					
SAT					

