National experts recently surveyed kids about their sleep habits. Here’s what they learned:

70% of kids said they wish they could get more sleep.

71% of kids said they feel sleepy or very sleepy when it’s time to wake up for school.

25% of kids said they feel tired at school every single day.

Five Tips for Bedtime

It may be a challenge to make a change to your children’s bedtime routine, but if you stick to it, your efforts will pay off. These ideas will help:

- Help your child prepare for school the night before by laying out their clothes, backpack, etc.
- Slow down and set a routine before bed.
- Make the bedroom a cozy environment where your child wants to be.
- Avoid putting a TV in your child’s bedroom; if they already have one, do not let them watch TV in their bedroom at bedtime.
- Adjust your child’s bedtime if they are not getting enough sleep.

How much sleep is enough?

There’s no exact number of hours of sleep required by all kids in a certain age group, but the National Sleep Foundation suggests:

- Preschoolers (ages 3 to 5): should sleep about 11 to 13 hours per night
- School-Age Children (ages 5 to 12): need about 9 to 11 hours of sleep a night
- Teens: need at least 8.5 to 9.5 hours of sleep per night

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Eat right. Be active. Get healthy.
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5210
Every Day!

5 or more servings of fruits & vegetables
2 hours or less recreational screen time
1 hour or more of physical activity
0 sugary drinks, more water & low fat milk