

# Healthy Sleeping Habits

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

—KidsHealth 2007



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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

Helping healthcare providers promote healthy weight.

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