Sleep for Your Child/Teen:

Newborn (0-3 months old)	**14-17 hours of sleep per day**
Infant (4-12 months old)	**12-16 hours of sleep per day**
Toddler (1-2 years old)	**11-14 hours of sleep per day**
Preschooler (3-5 years old)	**10-13 hours of sleep per day**
School-Aged (6-12 years old)	**9-12 hours of sleep per night**
Adolescent (13-18 years)	**8-10 hours of sleep per night**

Source: American Academy of Sleep Medicine

Sleep Routine:

1. Take a bath.
2. Put on pajamas.
3. Brush teeth.
4. Read a story or try a sleep app for kids.
5. Make sure the room is quiet, dark and at a comfortable temperature.
6. Put your child to bed. A night light might help.
7. Say goodnight and leave.

Source: National Sleep Foundation Website

Other tips:

- Avoid caffeine
- Have a set bedtime
- No T.V., tablet, or phone in child's bedroom (screens off 30 minutes before bedtime)
- Get exercise during the day
- Try a white noise machine
- Same routine on weekdays and weekends
- Eat healthy foods
- Use your bed just for sleeping
- 1-2 hours of exposure to bright light during the morning time helps prepare the body for sleep later.
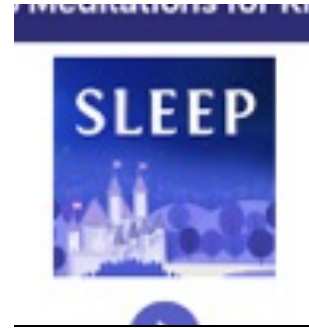
Free Sleep Apps

Calm

Relax Melodies

Sleep Meditations for Kids

Stop, Breathe & Think Kids

Moshi

Headspace: Meditation & Sleep