

# Top Ten Sleep Hygiene tips for Parents, Children and Adolescents

1. Make sure bedroom is dark, comfortable and a cool temperature.
  - a. You can use a nightlight for children if needed.
  - b. Try to avoid using bedroom as a time out or punishment as you want the child to view their bedroom as a good and comfortable place to be.
2. Bed should only be used for sleeping. No playing, studying, watching television, etc.
3. Establish a sleep schedule so your child is waking up and going to bed at the same time everyday whether there is school or not. There should not be more than an hour difference so their body gets used to the schedule.
  - a. Adolescents may want to sleep in on the weekend to “catch up on sleep” but this will likely cause difficulty when they need to fall asleep and return to normal sleep schedule.
  - b. Keeping a sleep diary can be helpful both with developing and keeping to a schedule. Link to PDF of a sleep diary <http://yoursleep.aasmnet.org/pdf/sleepdiary.pdf>. There is also an app on smart phones called “CBT-i Coach” that has wonderful tips and a sleep diary you can keep on your phone.
4. No caffeine after 4pm. Caffeine is not just in coffee it can be found in soda and chocolate as well
5. No napping during the day this will make it more difficult to fall asleep when bedtime comes
6. Establish a regular relaxing routine to unwind before bed. It will help signal the body that it is time to sleep.
7. A light snack can be helpful before bed so your child does not wake up from hunger but a large meal right before bed will make it difficult to fall and stay asleep.
8. Avoid stimulating activities in late evening such as heavy studying, computer games, violent or frightening movies, television shows or books.
9. No screen time in the last couple hours before bed. The light from the screen will activate their brain to believe it is day time and make it more difficult to fall asleep. This includes texting, computers, television, movies, social media, etc.
10. Good habits through the day help sleep at night such as regular exercise routine, spending time outside in the sun every day, no alcohol or smoking of any kind including vaping.