



Sleep For School-Aged Children

How much sleep does a school-age child need?

- The school aged child needs 9-12 hours of sleep.
- If your child does not get enough sleep, they may be cranky, moody, hyper, problems with memory and have behavior problems at school.

What can I do to help my school-age child sleep?

- Turn off all screens one hour before bed.
- Keep computers, game systems, TV's and phones out of the bedroom.
- Have a set bedtime routine and stick to it. Have a relaxing, calm routine 30 minutes before bed. This may include a bath, brushing teeth and a bedtime hug.
- Set limits. If the child stalls at bedtime be sure to set clear limits, such as what time the lights go out.
- Have set wake-up times even on the weekend. Aim for sleep and wake times on the weekend to be no later than 1 hour different.
- Keep the bedroom dark, cool, and quiet.
- Make sure your child gets plenty of exercise during the day.
- Avoid foods or drinks with caffeine.
- If you have any questions or concerns about your child's sleep, check with your doctor.