How are you sleeping?

A proper night’s sleep can be a real challenge in these uncertain times. Preschoolers (ages 3-5 years) generally need between 10-13 hours of sleep per night and school-age children (ages 6-13 years) need between 9-11 hours. The goal for teens should be 8-10 hours. These tips may help get you there:

1. Be active during the day.
2. Stick to the same bedtime and wake time every day, even on weekends. Keep a soothing bedtime routine.
3. Beds are for sleeping. Try to use your bed only for sleeping.
4. A comfy, cozy room. A child’s bedroom environment should be cool, quiet and comfortable.
5. Avoid activities that are excessively stimulating right before bedtime and say goodnight to any electronics at least one hour before sleep.
6. Use techniques such as taking deep and slow breaths or thinking of positive images, like being on a beach, to help wind down.
7. Avoid caffeine.
8. Put kids to sleep drowsy but awake.
9. Cuddle up with a stuffed animal or soft blanket.
10. Bedtime checkups should be short and sweet.

Check out these videos from Louisianna State University Health Sciences Center

[https://www.youtube.com/watch?v=sAho8Q4w3LQ](https://www.youtube.com/watch?v=sAho8Q4w3LQ) for kids
[https://www.youtube.com/watch?v=VkoCEoKhiDA](https://www.youtube.com/watch?v=VkoCEoKhiDA) for teens

Please feel free to reach out to your nurses for any questions or concerns.

We are here for you!