

# Sleep Hygiene for Children

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Follow these tips to help your child adopt good bedtime routines.

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1. Keep **consistent bedtimes and wake times** every day of the week. Late weekend nights or sleeping-in can throw off a sleep schedule for days.
2. **Avoid spending lots of non-sleep time in bed** – spending hours lying on a bed doing other activities before bedtime keeps our brains from associating the bed with sleep time.
3. **Your child's bedroom should be cool, quiet and comfortable.**
4. Children who stare at clocks should have **their clocks turned away** from them.
5. Bedtime should follow a **predictable sequence of events**, such as brushing teeth and reading a story.
6. **Avoid high stimulation activities just before bed**, such as watching television, playing video games or exercise. Do not do these things during a nighttime awakening either. It is best not to have video games, televisions or telephones in your child's bedroom.
7. Having **physical exercise as part of the day** often helps with sleep time many hours later.
8. **Relaxation techniques** such as performing deep, slow abdominal breaths or imagining positive scenes like being on a beach can help your child relax.
9. **Avoid caffeine (sodas, chocolate, tea, coffee)** in the afternoons/evenings. Even if caffeine doesn't prevent falling asleep it can still lead to shallow sleep or frequent awakenings.
10. **If your child is awake in bed tossing and turning, it is better for them to get out of bed** to do a low stimulation activity (e.g., reading), then return to bed later. This keeps the bed from becoming associated with sleeplessness. If still awake after 20 to 30 minutes, spend another 20 minutes out of bed before lying down again.
11. **Worry time should not be at bedtime.** Children with this problem can try having a “worry time” scheduled earlier when they are encouraged to think about and discuss their worries with a parent.
12. **Children should be put to bed drowsy, but still awake.** Letting them fall asleep in other places forms habits that are difficult to break.

## To Learn More

- Sleep Disorders Center  
206-987-5072
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

## Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

13. **Security objects at bedtime are often helpful** for children who need a transition to feel safe and secure when their parent is not present. Try to include a doll, toy or blanket when you cuddle or comfort your child, which may help them adopt the object.
  14. **When checking on your child at night, checks should be “brief and boring.”** The purpose is to reassure your child you are present and that they are OK.
  15. If your child is never drowsy at the planned bedtime, you can **try a temporary delay of bedtime** by 30 minute increments until your child appears sleepy, so that they experience falling asleep more quickly once they get into bed. The bedtime should then be gradually advanced earlier until the desired bed time is reached.
  16. **Keep a sleep diary** to keep track of naps, sleep times and activities to find patterns and target problem areas when things are not working.
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Primary reference: *A Clinical Guide to Pediatric Sleep* by Jodi Mindell and Judith Owens. Used with permission.