

# A good night's sleep starts with a great bedtime routine.



When it comes to your child's sleep routine, consistency is key.

- Turn off screens and lower the lights about an hour before bedtime.
- Make sure the bedtime routine starts early enough to allow your child to get the right amount of sleep.
- Have your child mark off the bedtime activities as they are completed.
- Aim to finish the bedtime routine around the same time each night, even on the weekends.

Tips to make it stick:

- **Personalize the routine.** Anything that is calming and low light can be part of the routine, so help your child find activities that they enjoy. Options include listening to calming music, coloring, journaling, etc.
- **Small changes add up.** If you want to help your child get to sleep earlier, try aiming to get them in bed just 10 minutes earlier each week until you get to the target bedtime.
- **Don't give up.** Establishing a new routine is not easy. If you don't see positive changes right away remember to stick with it. It will take some time for your child's body to start associating this routine with sleep.

## How much sleep is "enough"?

- As we grow, the amount of sleep we need changes.
- The recommended hours of sleep for children 5 years and younger includes daytime naps.
- For those 6 years or older, regular daytime naps are not needed.
- If your child is regularly getting more or less than the recommended hours of sleep, talk to your child's doctor.

Age	Hours of sleep
Newborns (0 - 3 months)	14 - 17
Infants (4 - 11 months)	12 - 15
Toddlers (1 - 2 years)	11 - 14
Preschoolers (3 - 5 years)	10 - 13
School age children (6 - 13 years)	9 - 11
Teenagers (14 - 17 years)	8 - 10
Young adults (18 - 25 years)	7 - 9
Adults (26 - 64 years)	7 - 9
Older adults (65+ years)	7 - 8



Scan to see more tips to help your whole family sleep well.

Learn more at [geisinger.org/wual](https://www.geisinger.org/wual)



# \_\_\_\_\_ 's Sleepy-time Checklist



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Use the bathroom							
 Brush and floss							
 Bedtime stretches							
 Story time							
 Tucked in bed							