

## Sleep Hygiene Rules for Kids

1. Wake up at the same time every day (even weekends). Go to bed at the same time every night (even weekends).
2. Only use bed for sleeping and do not do any other activities in bed. For example, study, watch TV, or read a book.
3. Do not drink any coffee, coke, or tea after 4 PM and do not eat any chocolate after 4 PM. All these things contain caffeine which can keep you awake. It is also important not to smoke before bed because the nicotine is stimulating and will also keep you awake.
4. No naps. This can prevent you from getting good sleep at night.
5. Do not do excessive physical exercise after supper.
6. Do relaxing things in the evening. Try a hot bath, reading, watching a dull show on TV. Do not do anything that is exciting like watching a violent TV show.
7. If you have not fallen asleep within half an hour of getting into bed, then get up and do something boring for 10 to 15 minutes. For example, read a textbook.
8. Eat good meals. Do not have a big snack right before bed.
9. Try establishing an evening routine. For example, have a bath, get on pajamas, brush your teeth, and read something that is not very exciting.
10. Be comfortable when you sleep. Most people sleep best in a dark room that is cool. Most people do not sleep well in a warm room.
11. Try to remember that sleep problems are common in kids of all ages and will usually go away on their own. It is important not to worry too much about your sleep, because that can help you not to sleep.