

Sleep Tips for Kids

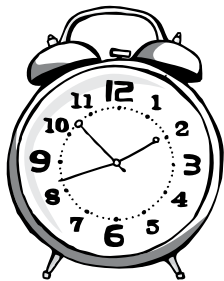


kelty mental health
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Here are some things you can do to help get a good night's sleep:

Try to go to bed and wake up at the same time every day

Your body will get used to a schedule



Try to avoid caffeine - especially in the afternoon and at night

Caffeine can be found in many foods and drinks, like chocolate and sodas



Make sure your bedroom is dark, quiet and comfortable

You can ask your parents for help



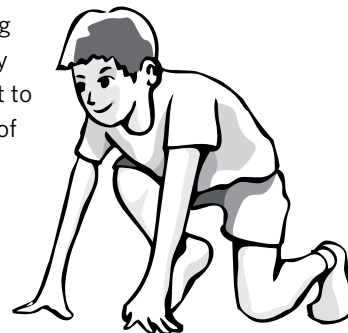
Try to avoid bright lights after dinner

This includes the TV, computer, and other screen activities



Exercise during the day

Running and playing during the day can help your body get ready for sleep (try not to exercise within 3-4 hours of your bedtime)



Have a bedtime routine

Do the same relaxing things before bed each night, like taking a warm bath, reading, or listening to quiet music. Your body will know it is time to get ready to sleep

