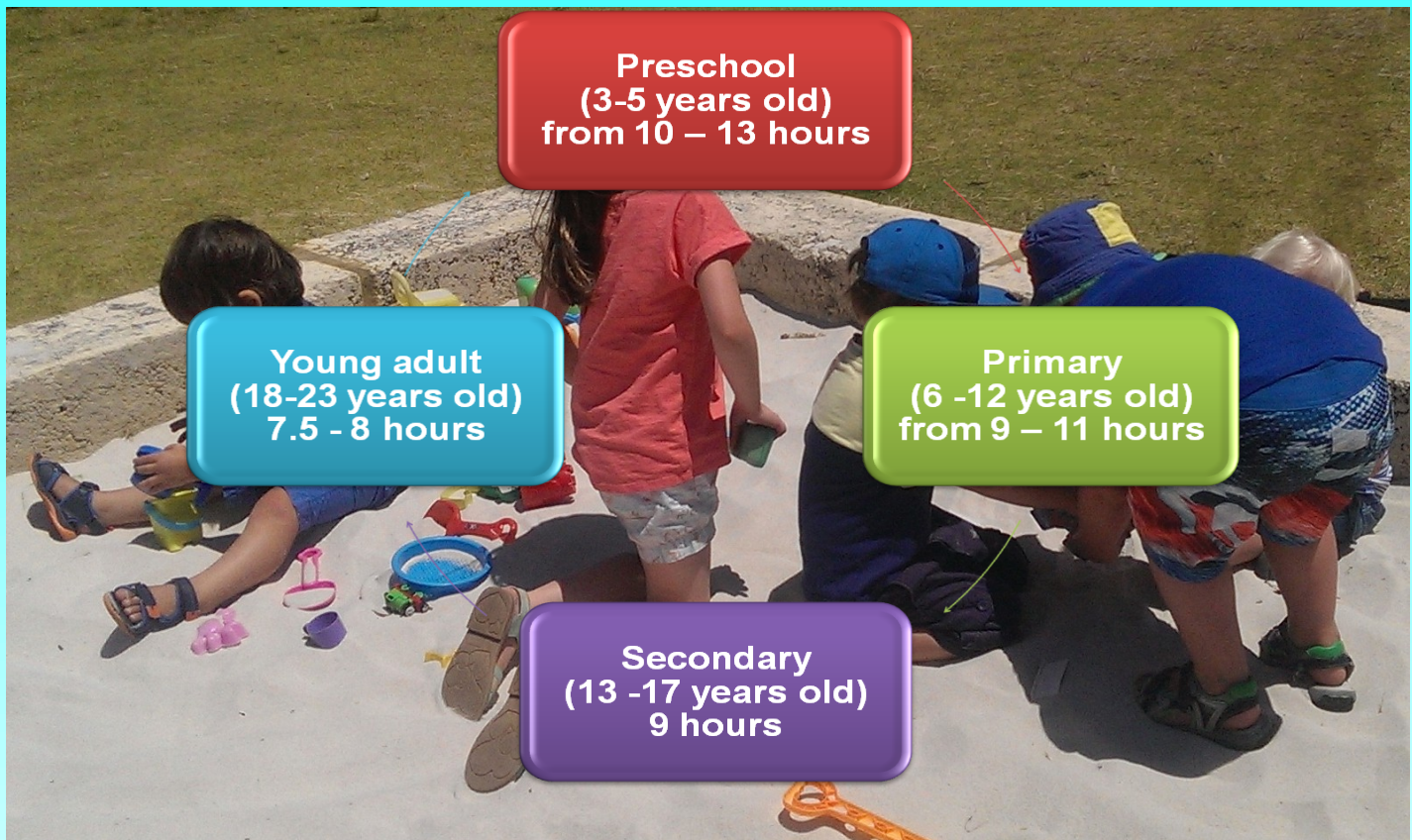


# Your child's sleep may be more important than you think.

Research has shown the many benefits your child can get from having the appropriate sleep for their age. It can assist with building a resilient immune system, enhance their learning at school, provide better mental health outcomes, help keep up energy levels and general health and assist with appropriate behaviour.



## Sleep guidelines for children

1. Put limits on screen time - especially close to bedtime.
2. Keep bed times and wake up times regular.
3. Have a room that is comfortable, cool, quiet and dark. If the child wants a light, use a very dim night light.
4. Give a relaxing bath just before bed.
5. A story or song while they lay in bed can be a reward for going to bed. Refrain from reading scary stories.
6. Keep the child in their own bed and if he/she comes into your room, simply walk them back to their room.
7. Try to encourage teens to get 8.5 - 9 hours of sleep each night. Their lives will benefit from good sleep.

**Healthy sleep = healthy kids!**



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