



Tips to Help Your Child Get a Better Night's Sleep

The coronavirus pandemic has increased stress for families everywhere. More stress and more worry often translate into trouble sleeping.

Good sleep hygiene also helps children. Check out the 12 ways to improve sleep — kid version!

Torchlight does not provide medical or legal advice. It is not a substitute for professional medical advice, diagnosis or treatment. Never ignore professional medical or legal advice because of something you read on Torchlight. If you think you may have a medical emergency, call your doctor or dial 911.

Torchlight does not endorse the organizations or technologies mentioned in this document, but offers their information as a sample of the kinds of materials and services that are available.

Contact Torchlight at:
support@torchlight.care for more information.

© 2020 Torchlight
EnCompass Education Solutions, Inc.

www.torchlight.care

- 1 **Create a schedule for going to bed and for waking up**, and stick to it.
- 2 **Turn off screens** one to two hours before bedtime.
- 3 **Most children need three to four hours after a nap to feel sleepy again.** This varies by age, of course, with all bets off for infants. For toddlers and older children who still nap, try to wake them from naps at least four hours before bedtime.
- 4 **Encourage daily exercise**, but avoid vigorous exercise and roughhousing right before bedtime.
- 5 Try to have your child **spend time outdoors every day**.
- 6 **Use the bed only** for napping and nighttime sleeping.
- 7 **Keep the bedroom as dark as possible.** If necessary, keep a small nightlight or lamp on outside the room. Many children will find that comforting.
- 8 **Keep the temperature in the bedroom on the cooler side**, between 60°F and 70°F.
- 9 **Be aware of caffeine in drinks, chocolatey snacks, or other food.** Many soft drinks contain caffeine, which can contribute to trouble sleeping.
- 10 Make sure your child is **neither hungry nor too full** when it's time for bed. A small healthy snack 15 to 20 minutes before bedtime can be helpful.
- 11 **Develop a bedtime ritual.** For example, washing up and brushing teeth, followed by reading or telling a story or a review of your child's day is a common routine. Add your own creative touches, such as saying good night to the household pets, closing drawers and closet doors, or tucking in stuffed animals. Establish an orderly set of actions that your child expects. Routines are comforting and signal stability.
- 12 **Give your child the opportunity to share his or her worries.** The quiet time before bed may be the time when your child brings up coronavirus and school worries. This may be one of the best times for snuggles and reassurance.