

## **How old is your child? Sleep Tips** (from Mindell & Meltzer, 2008)

### **Sleep Tips for Newborns**

- Learn your baby's signs of being sleepy
- Follow your baby's cues, as your newborn may prefer to be rocked or fed to sleep
  - But, by 3 months, begin to establish good sleep habits
- Place your baby on his or her back to sleep
- Encourage night-time sleep
- Make sleep a family priority

### **Sleep Tips for Infants**

- Establish a regular sleep schedule for your baby
- Create a consistent and enjoyable bedtime routine
- Avoid feeding your baby to sleep
  - Move giving your baby a bottle or nursing to earlier in the evening
- Put your baby to bed drowsy but awake, to encourage him/her to fall asleep independently
  - A baby who can self-soothe to sleep at bedtime will be able to fall back to sleep by self on waking

### **Sleep Tips for Toddlers and Preschoolers**

- Maintain a daily sleep schedule with regular naptimes and bedtime
- Establish a consistent bedtime routine
- Make the bedroom environment the same every night and maintain it throughout the night
- Have your child fall asleep independently
- Set limits that are consistent and enforced
- Encourage use of a security object, such as a blanket or stuffed animal

### **Sleep Tips for Children**

- Your child's bedtime and wake-up time should be about the same time every day
  - Should not be more than hour difference in bed/wake time between school/non-school nights
- Your child should have a 20- to 30-minute bedtime routine that is the same every night
- Your child's bedroom should be comfortable, quiet and dark
- Your child should avoid caffeine
- Keep the television set out of your child's bedroom
- Your child should spend time outside every day and get daily exercise

### **Sleep Tips for Adolescents**

- Wake up and go to bed at about the same time on school/non-school nights (as above)
- Avoid letting adolescent sleep in on weekends to "catch up" on sleep
  - This makes it more likely that he or she will have problems falling asleep at bedtime
- A nap for 30 to 45 minutes in the early afternoon can help combat sleepiness.
  - But not for too long – or adolescent will have difficulty falling asleep at bedtime
- Sunlight: spend time outside every day, especially in the morning
  - Exposure to bright light helps promote sleep
- Avoid eating or drinking products containing caffeine in the late afternoon and evening
  - Such as cola, coffee, tea and chocolate