

SWEET DREAMS...



ESTABLISHING HEALTHY SLEEP HABITS



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Sleep is very important factor to a child's health and growth. It promotes alertness, memory and performance. Children who get enough sleep are healthier, more likely to function better and are less prone to behavioral problems and moodiness. That is why it is important for parents to start early and help their children develop good sleep habits.

SWEET DREAMS...

Helpful tips for parents to ensure their children have enough sleep:

Tips for Newborns

- Observe the baby's sleep patterns and identify signs of sleepiness
- Put baby in the crib when drowsy, not asleep
- Place baby to sleep on his/her back with face and head clear of blankets and other soft items
- The crib should be safety approved
- A quiet and dark room at a comfortable temperature is best for sleep
- Encourage nighttime sleep

Tips for Infants

- Develop a regular daily bedtime schedule
- Create a consistent and enjoyable bedtime routine
- Establish a regular "sleep friendly" environment
- Encourage your baby to fall asleep independently and to become a "self-soother."

Tips for Toddlers

- Maintain a daily sleep schedule and consistent bedtime routine
- The bedroom environment should be the same every night and throughout the night
- Set limits
- Encourage use of a security object

- Develop a regular bedtime schedule

Tips for Preschoolers

- Maintain a regular and consistent sleep schedule
- Follow-through with a bedtime routine every night
- The child should have the same sleeping environment every night. It should be cool, quiet and dark and without a TV.
- Watch for difficulty breathing, unusual nighttime awakenings, chronic sleep problems, and behavioral problems during the day.

Tips for School-Age Children

- Introduce healthy sleep habits, disease prevention and health promotion
- Continue to emphasize the need for a regular and consistent sleep schedule and bedtime routine
- The child's bedroom should be conducive to sleep: dark, cool and quiet. TV's and computers should be off and out of the bedroom.
- Set limits
- Avoid caffeine
- Watch for signs of chronic difficulty sleeping, loud snoring, difficulty breathing, unusual nighttime awakenings and frequent daytime sleepiness.

Average number of sleeping hours children should have per day:

INFANTS

(0 to 2 months).....14 to 18 hours

(2-12 months).....14 to 15 hours

TODDLERS/CHILDREN

(12-18 months).....13 to 15 hours

(18 months-3 years).....12 to 14 hours

(3-5 years)11 to 13 hours

(5-12 years)9 to 11 hours

ADOLESCENTS.....8-1/2 to 9-1/2 hours

