



[Back](#)

Sleep Tips for Your Children

Here are some important things you can do to ensure that your child gets enough sleep:

- Set a regular time for bed each night and stick to it.
- Establish a relaxing bedtime routine, such as giving your child a warm bath or reading him or her a story.
- Make after-dinner playtime a relaxing time. Too much activity close to bedtime can keep children awake.
- Avoid feeding children big meals close to bedtime.
- Avoid giving children anything with caffeine less than six hours before bedtime.
- Set the bedroom temperature so that it's comfortable – not too warm and not too cold.
- Make sure the bedroom is dark. If necessary, use a small nightlight.
- Keep the noise level low.