

FAMILY WARRIORS !

NAME _____

SLEEP: AN IMPORTANT PART OF A HEALTHY LIFE

Did you know that getting good sleep can help you control your weight? Children and adults who get the right amount of sleep each night are less likely to struggle with weight gain.

HOW MUCH SLEEP DO YOU NEED EVERY DAY?

Everyone needs a different amount of sleep. Some people can get by with less sleep than others. Children need much more sleep than adults.

Help your child get enough sleep each night. Here are some rules:

Up to 1 year:	14–15 hours
1–3 years:	12–14 hours
4–5 years:	11–13 hours
6–10 years:	10–11 hours
11–21 years:	8–11 hours
22+ years:	8–9 hours

SLEEP ROUTINES

Children need good habits for bedtime. Here are some ways to help your child sleep better:

- Help your child go to bed and wake up at the same time every day. This means Saturday and Sunday too.
- Begin getting ready for bed 30 minutes before bedtime.
- Make the bedroom a peaceful place. Do not have a TV in the bedroom.
- Do not watch TV before going to bed. Read a book.
- No running and playing 1 hour before going to bed.
- Use a fan to help cover noises in the bedroom.

FAMILY WARRIORS !

EAT RIGHT FOR GOOD SLEEP

- Do not eat lots of food before bed. But, a light snack can help your child sleep better.
- No caffeine 4 hours before going to bed. This means no soft drinks, tea, and chocolate.

Some foods help you sleep and some foods make it harder to sleep. Here are a few tips for snacking before bedtime:

DO Eat or Drink

- bananas
- whole grains
- bread or cereal
- berries
- milk
- cheese
- peanut butter

DON'T Eat or Drink

- coffee
- tea
- soft drinks
- chocolate
- spicy foods
- sugary foods

Remember! Eating right and getting regular exercise help you sleep.

BODY QUEST

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP, which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. USDA is an equal opportunity provider and employer. To find out more, contact a county food assistance office or a county Extension office.

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