

Here are sleep-improvement tips from University of B.C. nursing school Prof. Wendy Hall:

1. Have a regular bedtime. Children who fall asleep before 9 p.m. tend to fall asleep faster and for longer and deeper durations.
2. Have a familiar routine for settling the child in before bedtime. No more than 20 minutes is needed.
3. Make stories a part of bedtime, and use traditional paper books, not screen devices.
4. Have children fall asleep in their own beds rather than on the sofa or in their parents' bed. If children wake up in a different location from where they fell asleep, they are more likely to be startled and fully wakened, instead of resettling.
5. Avoid caffeine (chocolate bars, chocolate milk, soft drinks) for hours before bedtime.
6. Avoid screen time, since videos and computers tend to stimulate rather than calm.
7. Playing video games can tend to excite and activate stress hormones, which will counter the calming work of natural sleep hormone secretions.

Recommended Daily Sleep for Kids

4-12 MONTHS

12-16
HOURS*

1-2 YEARS

11-14
HOURS*

3-5 YEARS

10-13
HOURS*

6-12 YEARS

9-12
HOURS

13-18 YEARS

8-10
HOURS

*Includes naps/American Academy of Sleep Medicine

