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Sleep Tips for Children

(for children from birth to 12 years)



Only 54.2%
of 11 – year - olds sleep as recommended (9 hours or more per night).

Source: HBSC, 2018

1

Make sure your child gets enough sleep by setting an age-appropriate bedtime and wake-up time for your child.

2

Maintain a consistent bedtime and wake-up time on weekdays and weekends.

3

Get your child used to the bedtime ritual. The child should sleep in comfortable clothes (a small baby should sleep in an absorbent nappy).

4

Encourage your baby to fall asleep independently, without your help.

5

Avoid bright light at bedtime and at night, and in the morning, your child should be exposed to bright daylight as much as possible.

6

Remove all electronic devices from your child's bedroom, including a TV, computer and mobile phone. You should also limit the time of their use in the evening before going to bed.

7

Maintain a regular schedule of daily tasks and meals.

8

Your child's daily rest should be age-appropriate that is adjusted to his age.

9

A child should be as physically active as possible during the day and spend enough time outdoors.

10

Eliminate caffeinated foods and beverages from your child's diet (e.g. cocoa, dark chocolate, coffee, energy drinks, some refreshing drinks and tea/green tea).