

SLEEP AT LEAST 9 HOURS EACH NIGHT

Children should achieve at least
9 hours of sleep each night.

Lack of sleep can increase the
likelihood for childhood obesity.

“Sleep is food for the brain.”

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**Healthy Numbers
for Bethesda
Kids & Families**

9-5-2-1-0
Every Day!



**Achieve at least 9 hours of
sleep each night**

Information obtained from the National Sleep
Foundation and materials developed by
95210ForHealth.com

Did You Know?

Lack of sleep can disrupt a child's energy level which can adversely affect their appetite.

Sleepiness can impact concentration and ability to perform well in school and other daily activities.

When tired, drowsy, or sleepy, it is easier to choose unhealthy snacks or drinks to help stay awake rather than healthy food options.

Limiting screen time close to bedtime is important. The blue light emitted by the screens of TVs, computers, phones, and tablets can send signals to the brain to stay alert and awake.

AT LEAST 9 HOURS OF SLEEP



The National Sleep Foundation recommends the following daily sleep durations:

- Preschoolers (3-5 years): 10-13 hours
- School Age (6-13 years): 9-11 hours
- Teens (14-17 years): 8-10 hours

Preschoolers

- Most children do not nap after 5 years of age.
- It is common for preschoolers to have nighttime fears and/or nightmares due to their imagination.
- Sleep terrors and sleepwalking also peak during the preschool years.

School Age

- Teach school aged children about healthy sleep habits
 - Avoid caffeine
 - Poor sleep can lead to mood swings, behavioral issues, and cognitive problems that interfere in school performance
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Teens

- Naps may be useful and at times needed if they are not too long or too close to bedtime
- Monitor mood. Mood can affect sleep, and sleep can affect mood.
- Avoid caffeine, nicotine, and alcohol
- Avoid "all-nighters"
- Don't leave homework for the last minute

HELP YOUR CHILD PLAN TO ACHIEVE AT LEAST 9



- Maintain a consistent bedtime and wake time, even on the weekends.
- Create a relaxing bedtime ritual.
- Encourage your child to participate in activities that allow them to wind down before bed such as reading.
- Ensure that the bedroom is cool, dark, and quiet.
- Avoid electronics and screen time in the hour before bedtime and keep TV/computers out of bedroom
- Avoid eating, drinking, or exercising within a few hours of bedtime.

BE A ROLE MODEL



- Model healthy sleep by achieving the appropriate amount of sleep yourself
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