

Healthy Sleep Habits

A Guide for Children and Teens

SickKids

Keep electronics outside of your room

Avoid using electronics before bed



Keep your bedroom dark, cool, and quiet

Try to block out noise and light if possible



Avoid caffeine

Caffeine within 6 hours of going to bed can disrupt sleep



Maintain a regular sleep schedule

Regular bedtime and awakening time on weekdays and weekends



Avoid napping



Sleep with a comfortable pillow and bedding



Exercise throughout the day



Avoid exercising right before going to bed

Avoid liquids right before bed



Prevents awakening throughout the night needing to go to the washroom.

Try to relax before going to bed

Have a warm bath or read a book



Avoid sleeping on a full or empty stomach

