

hints for healthy sleep



Q: How many hours of sleep does your child need each night?

A: Make it nine and they'll do fine!

To do their best at school and play, children ages 7 to 11 need at least 9 hours of sleep a night on a regular basis. This is according to scientists at the National Center on Sleep Disorders Research at the National Heart, Lung, and Blood Institute (NHLBI).

If children do not get enough sleep, they may experience difficulties with focused attention, irritability, easy frustration, and difficulty modulating impulses and emotions—which is why the *Sleep Well. Do Well. Star Sleeper Campaign*, featuring Garfield the Cat, was created. Your child's school is participating in the Campaign and sending you this tip sheet to help you help your child get enough sleep on a consistent basis.

Here are some practical things you can do to ensure that your child gets enough sleep:

1. Set a regular bedtime and stick to it consistently.

Let your children know you expect them to get a good night's sleep by getting to bed on time.

2. Make sure your children are relaxed and ready to sleep at bedtime.

Make sure they avoid strenuous activity and large meals before bedtime and anything with caffeine for six hours before bedtime. You also might want to give them a warm bath or read them a story.

3. Create a comfortable bedroom environment.

Make sure your children's rooms are dark, quiet and neither too warm nor cold. Use a night light if they need it.

To learn more about the importance of sleep and order a 48 page Garfield Fun Pad visit the NHLBI Web site at <http://starsleep.nhlbi.nih.gov>.



Or contact:

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