

Sleep Smart: Essential Habits for a Healthy Sleep

To promote healthy sleep in kids, establish a consistent bedtime routine, create a conducive sleep environment, and limit screen time before bed; while also ensuring they get enough physical activity during the day.

Here's a more detailed breakdown of sleep hygiene practices for children:



1. Establish a Consistent Bedtime Routine:

- **Regular Schedule:** Go to bed and wake up around the same time each day, even on weekends, to help regulate the body's natural sleep-wake cycle (circadian rhythm).
- **Bedtime Routine:** Create a calming and predictable routine before bed, such as taking a bath, reading a book, or listening to quiet music.
- **Wind-Down Time:** Allow time for your child to unwind and relax before bedtime, avoiding stimulating activities like watching TV or playing video games.
- **Limit Screen Time:** Avoid screens (TV, phones, tablets) for at least an hour before bedtime, as the blue light emitted can interfere with melatonin production.

2. Create a Conducive Sleep Environment:

- **Comfortable Bedroom:** Ensure the bedroom is dark, quiet, and cool, with a comfortable temperature (around 65 degrees Fahrenheit).
- **Bed as a Place for Sleep:** Use the bed only for sleep, not for playing, watching TV, or doing homework.
- **Remove Distractions:** Keep the bedroom free of electronic devices and other potential distractions.

3. Encourage Healthy Habits:

- **Regular Exercise:** Promote physical activity during the day, but avoid intense exercise close to bedtime.
- **Limit Caffeine:** Avoid caffeine (sodas, chocolate, tea, coffee) in the afternoon and evening, as it can interfere with sleep.

- **Healthy Diet:** Ensure your child has a balanced diet and avoids large meals or sugary snacks close to bedtime.
- **Avoid Naps:** For older children and teens, avoid long or late afternoon naps, as they can disrupt nighttime sleep.
- **Address Bedtime Fears:** If your child has nightmares or bedtime fears, reassure and comfort them.
- **Keep Bedtime Check-ins Brief:** If your child calls for you in the middle of the night, keep your interactions brief and avoid stimulating activities.

Resources:

- [Sleep tips: How to help your child get a good night's sleep](#)
- [Sleep Hygiene for Children \(CHOC Children's\)](#)
- [10 Ways to Help Your Child Get a Better Night's Sleep](#)
- [CHEO – Sleep for Children and Youth](#)

On average, teens spend about 4.8 hours per day on social media platforms, with Instagram being one of the most popular. Specifically, Instagram, along with YouTube and TikTok, accounts for 87% of their social media time.

This extensive use highlights the significant role social media plays in the daily lives of young people. Are you interested in how this might impact their well-being or any other specific aspect of their social media use?

References

- [Teens are spending nearly 5 hours daily on social media. Here are the ...](#)
- [U.S. teens daily time spent on social media 2023 | Statista](#)

