

Eat Right

Food, Nutrition and Health Tips from Kids Eat Right



Sleep and Your Child

Help Your Child Get Enough Sleep for a Healthy Weight

Why is sleep important?

- Your child needs enough sleep to grow and develop.¹
- Sleep is important to your child's weight.^{2,3,4,5}
- Sleep allows your child's physical, mental and emotional functions to reset. Sleep can help your child do better in school because it helps improve focus.^{6,7}



Studies show that shortage of sleep creates changes in hormone secretions that regulate hunger and appetite.^{7,8} Over time, this can slow metabolism and contribute to weight gain in children.^{3,4,5} Children who get enough sleep are less likely to suffer obesity-related health problems like diabetes, heart disease, and sleep apnea.^{4,9} Even one extra hour of sleep per night for kids who don't get enough sleep can lower the risk of becoming overweight.³

How much sleep does my child need?

The National Sleep Foundation suggests that children get the following hours of restful sleep⁷:

Age	Recommended number of hours of sleep per night
< 5 years old	11+ hours
5–10 years old	10+ hours
10+ years old	8.5–9.25 hours

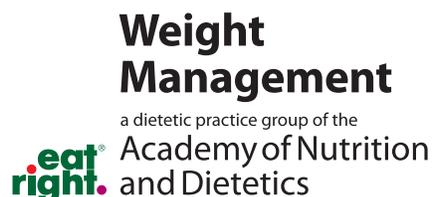
How can I help my child get enough sleep?

- Talk with your child about getting enough sleep.
- Set and agree on a bedtime with your child and be consistent in sleeping at the agreed time every night.⁷
- Limit or remove all caffeinated drinks from your child's diet. This includes soft drinks, tea, and energy drinks.⁷
- Make the hours before sleep calm and relaxing by developing a bedtime routine. Bedtime routines may include a bath, reading a story, or quiet time before bed.⁷
- Be aware of the amount of hours your child sleeps each night. Make adjustments in bedtime routine if needed to insure adequate sleep.
- Make the bed only for sleeping and not watching TV, doing homework, or playing video games.⁷
- Remove the television, video games, and cell phone from the bedroom.⁷



References:

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