



Successful Students Get A Good Night's Sleep!

- 1. Children need at least nine (9) hours of sleep each night.*
- 2. Too many activities can keep them from precious sleep.*
- 3. Do homework and chores early in the evening so that they don't have to stay up past their bedtime.*
- 4. Set a regular bedtime, AND STICK TO IT!!!*
- 5. Don't allow soda or drinks with caffeine close to bedtime. Caffeine in soda or chocolate in the evening can make it more difficult to fall asleep.*
- 6. Start relaxing and winding down at least one (1) hour before bedtime.*

7. Don't try to fall asleep watching television or listening to the radio. The noise can prevent them from going into a deep sleep.
8. Make sure their room is dark. A small night-light is fine, but a dark room makes it easier to get a good night's sleep.
9. Develop a routine before bed such as taking a bath and reading a book. These activities can help your child relax and get into a sleep mode.
10. Don't forget in the morning - start **EVERY** day with a good breakfast!

