



SLEEP: Essential for your Child’s Health, Performance and Well-Being

1. FACT: The amount and quality of sleep children get on a regular basis can directly influence school performance. Medical studies have shown that students with higher grades slept significantly longer and went to bed earlier than those with lower grades.

2. FACT: Adequate sleep leads to better weight status in children and adolescents. Studies continue to emerge that link the relationship between length of sleep and being overweight or obese.

3. FACT: Physically active children are better sleepers. Recent studies have shown that less sedentary children not only fall asleep faster but sleep better throughout the night.

4. FACT: Establishing and enforcing a good sleep environment can help improve your children’s sleep quality. The latest findings from the National Sleep Foundation’s American sleep poll found when parents took action to establish a sleep-friendly environment for their children, their children slept better.

2. Establish a good sleep environment for your child:

- Make sure the room is quiet, dark, and at a comfortable temperature
- Remove distractions from the room, such as a TV or computer

3. Help your family develop better sleep habits using these tips:

- Maintain a regular sleep schedule with a consistent bed and wake-up time, including weekends
- Avoid watching TV within an hour of bedtime
- Place phones on silent before bed and remove them from sleep areas
- Create a relaxing wind-down routine to cue sleepiness, such as taking a warm shower or reading a book
- Engage in regular physical activity each day, such as brisk walking or a bike ride
- Do not eat heavier meals, such as dinner, 2-3 hours before bedtime

Make Sleep a Priority in Your Child’s Day!

1. How do I help my child be more active?

Age	Hours (within a 24-hour period)
0-2 months	12 to 18 hours
3-11 months	14-15 hours
1-3 years	12-14 hours
3-5 years	11-13 hours
5-10 years	10-11 hours
10-17 years	8.5-9.25 hours



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