

# Got It! Newsletter, Week 1 Term 3

# SLEEP HYGIENE

## Why is sleep important?

Sleep restores children physically. It helps them learn and remember things, and it boosts immunity to help them stay healthy. Sleep also helps children's development and growth. For example, because children's bodies produce growth hormone when they're asleep, they often need more sleep at times of rapid growth. It is important for children of all ages to regularly get enough sleep so they can play, learn and concentrate during the day.



## Sleep recommendations based on age

As children get older they need less sleep, and everybody has different sleep needs. You may be able to tell when your child has not had enough sleep by their mood, behaviour and ability to concentrate. The advice in the table below is only a guide and was retrieved from the Sleep Health Foundation.

Age	Recommended	May be Appropriate	Not Recommended
<b>Newborns 0-3 Months</b>	14 - 17 hours	11 - 13 hours 18-19 hours	Less than 11 hours More than 19 hours
<b>Infants 4-11 months</b>	12 - 15 hours	10 - 11 hours 16 - 18 hours	Less than 10 hours More than 18 hours
<b>Toddlers 1-2 years</b>	11 - 14 hours	9 - 10 hours 15 - 16 hours	Less than 9 hours More than 16 hours
<b>Preschoolers 3-5 years</b>	13 - 13 hours	8 - 9 hours 14 hours	Less than 8 hours More than 14 hours
<b>School-aged Children 6-13 years</b>	9 - 11 hours	7 - 8 hours 12 hours	Less than 7 hours More than 12 hours

# Strategies to Help Your Child Sleep Better

Avoid screen time one hour before bed and keep screens out of the bedroom. Blue light from screens might suppress melatonin levels and delay sleepiness.

Have a consistent bedtime routine to make bedtime predictable. Include time to relax and connect with your child, for example, reading a book together.

Keep regular sleep and wake times as it will help your child understand when it is time for sleep.

No caffeine or sugary drinks in the evening.

Daily exercise and time outside helps promote good sleep.

Keep older children's naps early during the day and short.

If your child is checking the time often, move the clock to a spot where they can't see it from bed to help reduce anxiety.

It's harder to sleep if hungry or too full. Avoid heavy meals within 1-2 hours of going to bed.

Help your child to feel safe at night.

If your child is scared of the dark, acknowledge their feelings and reassure they are safe and you are nearby. A nightlight may help.

Avoid scary media (TV, YouTube, games), particularly before bed.

## Which strategy could you put into practice for your child?

It is always a good idea to praise your child when you notice that they are trying to make changes to sleep patterns or trying a new routine. Difficulties sleeping can really impact on your child's mood and emotional wellbeing during the day so if your child has persistent difficulties sleeping, seek help from your General Practitioner.

### Helpful Websites:

Sleep Health Foundation [sleephealthfoundation.org.au](https://sleephealthfoundation.org.au)

Raising Children Network [raisingchildren.net.au](https://raisingchildren.net.au)

Adapted from 'Sleep tips for children' via <https://www.sleephealthfoundation.org.au/sleep-tips-for-children.html> and 'How to sleep better: 10 tips for children' via <https://raisingchildren.net.au/toddlers/sleep/better-sleep-settling/sleep-better-tips>