



SLEEP HYGIENE TIPS:

- 1) As much as possible, maintain a regular sleep-wake schedule, even on weekends.
- 2) Develop a soothing bedtime ritual with your child (ie – the “4 B’s”: bath, brush teeth, book, bed)
- 3) Keep the bedroom cool, dark and quiet during sleep.
- 4) Simulate dusk: dim the lights in your house for **at least** an hour before bed.
- 5) Avoid all “screens” (television, iPad, phones, computer) for **at least** an hour before bed
- 6) Daily exercise and sunlight exposure, especially in the morning, helps promote healthy sleep but avoid exercise at least 3–4 hours prior to bed because it raises your core body temperature, which can interfere with sleep.
- 7) Avoid high glycemic and harder to digest foods as bedtime snacks. As an alternative, consider complex carbohydrates (e.g., whole grains, lentils, beans) that may help transport tryptophan, a precursor to melatonin, to the brain.