

# SLEEP SMARTER. PERFORM BETTER.



## **SNOOZE TO-DO'S** **AM I READY FOR MY BEST SLEEP TONIGHT?**

Regular schedules and bedtime routines create good sleep habits that set up kids for a good night's rest. Better sleep leads to improvements in health, wellbeing, and academic achievement.

*Give this Sleepy Time chart to kids and teens to make sure they are ready to get the sleep they need to feel well rested and refreshed.*

*See page 1 for elementary students and page 4 for middle and high school students.*

**LOOKING FOR MORE RESOURCES TO HELP KIDS GET THE SLEEP  
THEY NEED TO PERFORM AT THEIR BEST?**

Get started at [HealthierGeneration.org/SmarterSleep](https://HealthierGeneration.org/SmarterSleep)

#SmarterSleep



sleep  number.

Go through this chart with a family member to make sure you are ready to hop into bed for a great night's sleep. Place a check mark next to the items you are doing. Good sleep helps you learn and play better!

### MY SLEEPING SPACE **Am I comfortable in my sleeping space?**

- Comfy pillows
- Quiet space without distractions
- Ability to make it dark

### THROUGHOUT MY DAY<sup>1</sup> **Am I doing things each day that support healthy sleep?**

- Go to bed at the same time every night
- Get up at the same time every morning
- Remove technology (phones, tablets, laptops, TVs, gaming devices, etc.) from my sleeping space
- Be physically active
- Go outside
- Avoid caffeine

### 1 - 2 HOURS BEFORE BED<sup>1</sup> **Am I getting ready for healthy sleep?**

- Dim the lights
- Log out of apps (social media, games, etc.)
- Put away devices (phones, tablets, laptops, gaming devices, etc.)
- Step away from and turn off screens (phones, tablets, laptops, TVs, gaming devices, etc.)
- Have a small snack
- Bring the temperature down

### BEDTIME<sup>1</sup> **Am I ready for healthy sleep?**

- Start a wind-down routine (read, play a quiet game, listen to music, take a bath, meditate, yoga, or just breathe)
- Close the curtains
- If devices are in the room, power them OFF (phones, tablets, laptops, TVs, gaming devices, etc.)
- Turn on soothing sounds, such as white noise or a steady fan
- Grab your favorite sleeping item (stuffed animal, favorite blanket, favorite pillow)
- Turn off the lights (overhead lights, lamps, reading lights, etc.)

**References:**

1. Centers for Disease Control and Prevention. (2015, July 15). Tips for Better Sleep. Retrieved from [https://www.cdc.gov/sleep/about\\_sleep/sleep\\_hygiene.html](https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html)
2. The Nemours Foundation. (2015). Kids Health in the Classroom: Grades 9 to 12 Human Body Series: Sleep. Retrieved from <https://classroom.kidshealth.org/classroom/9to12/body/functions/sleep.pdf>

**Continue** to Page 4 for Middle & High School >>

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### MY SLEEPING SPACE **Am I comfortable in my sleeping space?**

- Comfy pillows
- Quiet space without distractions
- Ability to make it dark

### THROUGHOUT MY DAY<sup>1</sup> **Am I doing things each day that support healthy sleep?**

- Go to bed at the same time every night
- Get up at the same time every morning
- Remove technology (phones, tablets, laptops, TVs, gaming devices, etc.) from my sleeping space
- Be physically active
- Go outside
- Limit caffeine, especially in the afternoons and evenings<sup>2\*</sup>

### 1 - 2 HOURS BEFORE BED<sup>1</sup> **Am I getting ready for healthy sleep?**

- Dim the lights
- Log out of apps (social media, email, etc.)
- Put away devices (phones, tablets, laptops, gaming devices, etc.)
- Step away from and turn off screens (phones, tablets, laptops, TVs, gaming devices, etc.)
- Have a small snack
- Bring the temperature down

### BEDTIME<sup>1</sup> **Am I ready for healthy sleep?**

- Start a wind-down routine (read, play a quiet game, listen to music, take a bath, meditate, yoga, or just breathe)
- Close the curtains
- If devices are in the room, power them OFF (phones, tablets, laptops, TVs, gaming devices, etc.)
- Turn on soothing sounds, such as white noise or a steady fan
- Grab your favorite pillow or blanket
- Turn off the lights (overhead lights, lamps, reading lights, etc.)

**AFTER I GO TO BED<sup>2</sup> What if I can't sleep?**

- Think about something else
- Visualize something soothing
- Get up for a short period of time
- Keep lights low
- Read or do a quiet, repetitive game
- Keep electronics off

**References:**

1. Centers for Disease Control and Prevention. (2015, July 15). Tips for Better Sleep. Retrieved from [https://www.cdc.gov/sleep/about\\_sleep/sleep\\_hygiene.html](https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html)
2. The Nemours Foundation. (2015). Kids Health in the Classroom: Grades 9 to 12 Human Body Series: Sleep. Retrieved from <https://classroom.kidshealth.org/classroom/9to12/body/functions/sleep.pdf>