Adequate Rest Tips

Rest is very important for the health and development of children. It helps to energize us each day. Without adequate rest, a child will be too tired, and not have the desire to pursue physical activities.

Tips to Ensure that a Child gets Enough Sleep

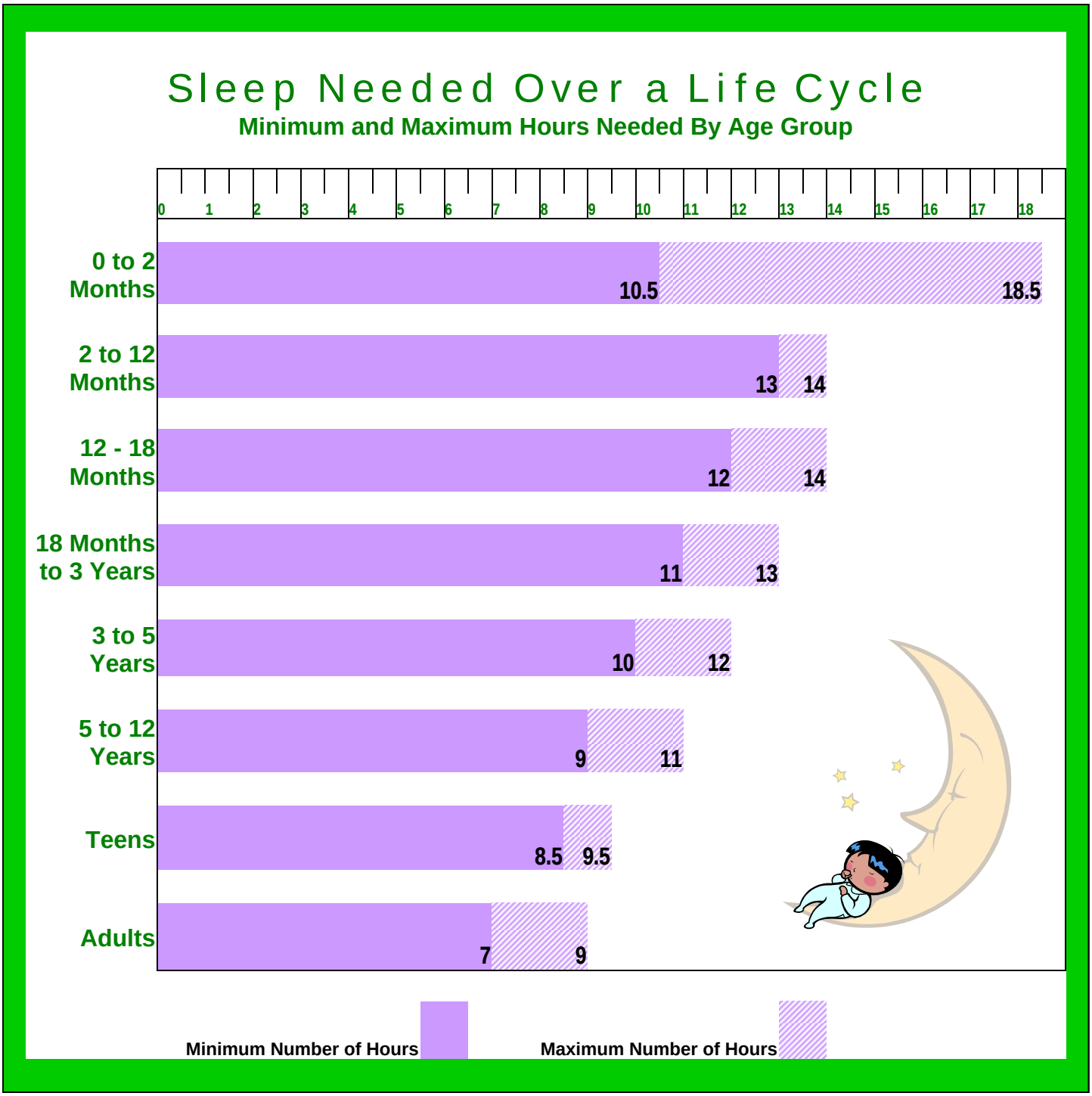
- Set a regular time for bed each night and stick to it. This schedule should be maintained on the weekends, though a child can be permitted to sleep in one or two hours on weekend mornings if necessary.
- Establish a relaxing bedtime routine, such as giving your child a warm bath or reading him or her a story. It should include at least 15-30 minutes of calm, soothing activities.
- Avoid feeding children big meals close to bedtime.
- Avoid giving children anything with caffeine less than six hours before bedtime (found in beverages, chocolate and other products).
- Make after-dinner playtime a relaxing time. Too much activity close to bedtime can keep children awake. Discourage television, exercise, computer and telephone use too close to bedtime.
- Set the bedroom temperature so that it's comfortable – not too warm and not too cold.
- Make sure the bedroom is dark. If necessary, use a small nightlight.
- Keep the noise level low.
- Achieve a balanced schedule. Identify and prioritize activities that allow for downtime and sufficient sleep time. Help students avoid an overloaded schedule that can lead to stress and difficulty coping, which contribute to poor health and sleep problems.
- Seek the advice of a doctor if your child is still tired and sleepy even though he regularly sleeps the appropriate number of hours, oversleeps, or snores. This can be a sign of a sleep disorder.

Did You Know Getting Adequate Rest...

- Is important for healthy mental and physical development.
- Energizes and rejuvenates your body daily.
- Is necessary for better learning.

Did You Know Lack of Rest and Sleep Disorders...

- Can contribute to overweight and obesity.
- Can cause learning and behavioral problems.

http://www.nhlbi.nih.gov/health/public/sleep/starslp/parents/tips2.htm
http://www.sleepfoundation.org/PressArchives/kidsandobesity.cfm

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