



Sleep

Sleep is a basic need for everyone. Getting a good night's sleep is vital for kids. It is needed to help them develop well and perform their best. School-age kids need 10-12 hours of sleep a night. Many kids are getting less than this. Signs that a child may not be getting enough sleep are:

- Short attention span
- Yawning
- Drowsy
- Hyper-active
- Cranky

Most kids will resist bedtime but parents should be firm. Here is what parents can do to help kids sleep longer and better:

- Have dinner and after school activities early in the evening
- No screens in the bedroom. This includes TV, computers, phones and games
- Bedrooms should be cool (less than 24C)
- House should be quiet
- Have the same bedtime routine every night (bath, reading before bed or quiet time, lights out)

Parents can be great role models and get a good night's sleep too.

For more information visit www.ottawa.ca/health or contact Ottawa Public Health at 613-580-6744.