

# Healthy Sleep for Healthy Kids

**A joint project by:**

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**&**

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A young girl is sleeping peacefully in a bed. She is wearing a white long-sleeved shirt. The bed is covered with a vibrant, multi-colored blanket featuring a cartoon character and floral patterns. The background is softly blurred, showing more of the room and another person in the distance. The overall atmosphere is calm and cozy.

**Sleep Hygiene  
is choices we  
make that will  
help us to get  
healthy sleep**

## Why is sleep hygiene important to know?

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**Knowing what could help us sleep better and what could make it more difficult for us allows us to choose what to do and what to avoid in order to get the best and the right amount of sleep at the right time**



**Habits that  
make sure we  
fall asleep  
and wake up  
at the right  
time for us:**



**Go to bed  
at the  
same time  
every  
night**





**Wake up at the same time every morning**







**Exercise in the  
early part of the  
day**



**Relaxation or relaxing  
activities before bedtime**



**Keep  
cool**

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- **Only get in bed when tired or sleepy**
- **Get out of bed if unable to sleep for 20 minutes**

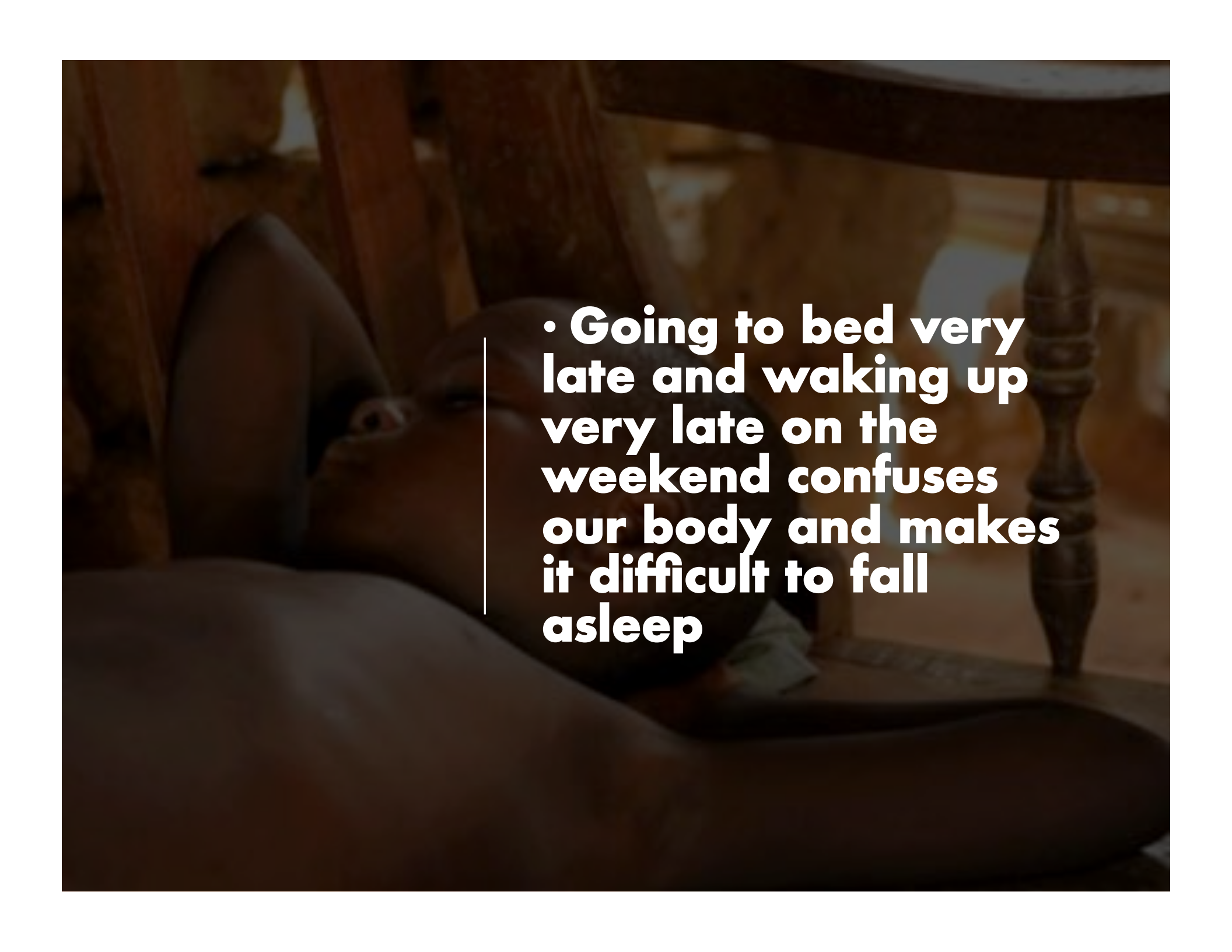
# Habits that make it difficult for us to get good sleep at the right time for us:

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- **Going to bed and waking up at different times every night or almost every night**





A person is lying in bed in a dimly lit room. The person's head is resting on a pillow, and they appear to be looking towards the camera. The room has a wooden bed frame and a nightstand with a decorative leg. The overall atmosphere is quiet and somewhat somber.

• **Going to bed very late and waking up very late on the weekend confuses our body and makes it difficult to fall asleep**



**Taking long naps in the afternoon/  
evening makes it difficult to fall asleep**

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**Exercising near  
bedtime will  
also make it  
difficult to fall  
asleep**





# Additional things that will make it difficult to fall asleep:

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- **Having an argument or intense discussion before bed**
- **Using electronics in bed, watching tv right before bed**



**Do not drink tea, cola, coffee, energy drinks in the evening**

**Tea, cola, coffee and energy drinks contain caffeine. Caffeine is a stimulant - it wakes you up and can make it more difficult to fall asleep if consumed close to bedtime**





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Day  
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**Sleeping  
Children Around  
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**Created by:**