

Mental Health Matters Series - Topic One

Sleep Matters



Welcome to our first topic of the
Mental Health Matters Series:

Sleep



Sleep Matters

- Sleep problems are common in children and adolescents
- Sleep problems have negative impacts on overall mental health



Sleep Matters

**HOW MUCH SLEEP
DOES MY CHILD
NEED?**

AGES 6-13: 9-12 HOURS

AGES 14-17: 8-10 HOURS



Sleep Matters

SLEEP TIPS

- Stick to a regular bedtime routine and consistent wake time **everyday**
- Avoid screen time **within 30 minutes** of bedtime
- Keep screens out of bedrooms
- Avoid caffeine **after 4pm**
- Limit meals or large snacks **within an hour** before bed
- Make bedrooms comfortable for sleep (dark, quiet, cool)



Sleep Matters

SLEEP TIPS

- Create a routine that helps your child relax beginning **at least 30 minutes** before bedtime
- Make time during the day to explore emotions with your child and write down worries



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