



# Is Your Child Getting Enough Sleep?

There are over 70 million adults and children in America who have sleep problems. Whether children are having trouble falling asleep, waking up early, or even having nightmares, many children often go through their days sleep deprived.

## Signs they need more sleep

Getting the right amount of sleep helps children feel more energized, more focused, better equipped to handle stressful situations, and more calm. Help your child get the sleep he or she needs! Some warning signs that your child is not getting enough sleep includes:



- Frequent awakenings during the night
- Talking during sleep
- Difficulty falling asleep
- Waking up crying
- Daytime sleepiness
- Nightmares or bedwetting
- Daytime grumpiness or inability to cope with stress

## Make sure your child gets enough sleep

Most children's sleep requirements fall within a predictable range of hours based on their age. Infants and toddlers age 0-3 need lots of sleep as well as naps. Preschoolers typically need up 12 hours a night, while a school aged child may need between 10 and 12. Generally a 12 year old needs 10 hours. However, each child is a unique individual with distinct sleep needs. To help ensure that your child gets the correct amount of sleep for his or her needs, here are 6 bedtime tips:

1. Stick to a bedtime, alerting your child both half an hour and 10 minutes beforehand.
2. Include a winding-down period in the routine.
3. Allow your child to choose which pajamas to wear, stuffed animal to take to bed, etc.
4. Consider playing soft, soothing music.
5. Tuck your child into bed snugly to give them a feeling of security.
6. **Don't** give your baby or toddler a bottle of breast milk, formula, or any sugar-containing drink to aid sleep. This can cause "baby bottle tooth decay" because the fluids tend to gather in the child's mouth.



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