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.