

# Sleep Hygiene



Children's  
of Alabama®

**UAB** MEDICINE.

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**Step 1:** Establish a bedtime routine. This should last 20-30 minutes and should happen 7 nights per week. It should include non-stimulating activities only. Choose three:

1. Bath
2. Brush teeth
3. Read books (aloud or alone quietly depending on age of child)
4. Listen to soft music
5. Sing lullabies
6. Progressive muscle relaxation

**Step 2:** Make sure bedtime and wake-up time are the same each day of the week, including weekends! Bedtime should be within the same 30 min-1 hour each night.

**Step 3:** Get at least 20 minutes of outside time each day. Exposure to natural light in the morning will help with establishing a healthy sleep routine.

**Step 4:** Night lights with warm light are okay to use. Sound machines with white noise may also help. Turn off all decorative lights (LED string lights, light up mobiles, light up ceiling decorations, etc.)

**Step 5:** If you can't fall asleep in 20-30 minutes, get out of bed and read a book until drowsy. Once drowsy, return to bed.

**NO** caffeine past 12:00 pm

- |  |                                    |   |
|--|------------------------------------|---|
| <input type="checkbox"/> Coca Cola     | <input type="checkbox"/> Sweet tea | <input type="checkbox"/> Chocolate milk           |
| <input type="checkbox"/> Mountain Dew  | <input type="checkbox"/> Sunkist   | <input type="checkbox"/> Green tea/diet green tea |
| <input type="checkbox"/> Energy drinks | <input type="checkbox"/> Coffee    |   |

**AVOID** electronics in the bedroom (No electronics 2 hours before bed.)

- Cell phones, video games, laptop computers, and tablets should not be used in the bedroom before sleep.
- Charge cell phone in another bedroom at night.

If the child is over 5 years old, limit daytime naps to 20-30 minutes and **ONLY** nap if necessary.

- AVOID** daytime naps when possible.
- AVOID** naps in the late afternoon/evening hours

**DO NOT** use the bedroom as a place of punishment, such as time out.

**DO NOT** use the bedroom for doing homework, if possible.

Reserve the bedroom for sleep only!

