



## Get At Least 11 Hours of Sleep Each Day

**F**or a 5-year-old child to get sufficient sleep each night, she must be in bed at least 11 hours before she needs to wake up in the morning. Children who don't get enough sleep each night end up being sleepy and grumpy in school. Five-year-old children need about 11 hours of sleep in a 24-hour period, and 8-year-old children need 10 hours of sleep. By the time your child is 14, he'll still need nine and a half hours sleep each night.

Even losing an hour of sleep each night will have a noticeable effect on your child's mental performance. Research has demonstrated that sleep deficiency may harm brain development in young children and can contribute to school problems, such as attention-deficit-hyperactivity-disorder. Therefore, ensuring adequate sleep each night is very important to promoting your child's school success.



### Ways to practice this habit together:

- **Decide on an appropriate hour as a bedtime for your child**, so he can get the healthy number of hours of sleep he needs to function at his best.
- **Use a bedtime routine that allows your child to calm himself and relax before bed.** Reading to him for a few minutes before his bedtime is a good quiet activity.
- **Use a timer to control your child's bedtime routine.** Getting ready for bed before the timer rings can be a fun game and can earn your child the reward of having a bedtime snack and reading time.

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