

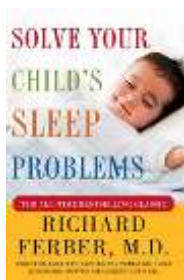
Sleep Hygiene for Resources for Parents

WORKBOOKS

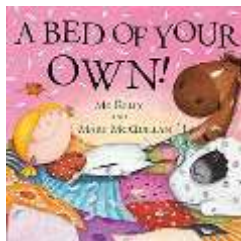
What to do when you dread your bed



Solve your Child's sleep problems



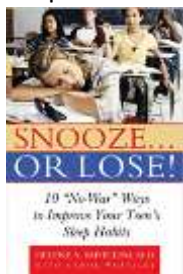
A Bed of your Own



Bedtime Meditations for kids



Snooze or Lose! 10 "No war" ways to improve your teens sleep habits



RECOMMENDED APPS

Calm

- Provides mindfulness exercises, relaxation activities
- "Sleep stories" for kids of all ages
- Soothing voices to help calm your child's emotions

Moshi Twilight

- Sleep stories, music, meditations for mindfulness and sounds
- Creates soothing environment to help your child fall asleep

Huckleberry: Baby & Child Tracker

- Access to guidance from pediatric sleep experts
- Helps with toddler sleep regression

Due Reminders and Timers

- Users create tasks on the app and the time they need to complete them
- Helps users to better focus on tasks and prevents them from procrastinating.

WEB RESOURCES

- SleepForKids.org
- KidsHealth.org
- Sleep foundation

OTHER HELPFUL INFO

- Regular exercise is good for physical & emotional health. Aim for 45min per day. Get outside in the SUNLIGHT for at least 20 minutes per day.
- Ditch caffeine and energy drinks
- **Consistent bedtimes and routines** for bedtime – aim for at least 7-10hr of sleep per night. Limit bedtime routines to no more than 20min. Ex: bath, brush teeth, 5 min yoga, story, prayers, lights out.
- Limit blue light exposure (TV, phones, ipads) **at least 1hr** prior to bedtime. Sleep in a DARK room to facilitate increase of natural serotonin.
- White noise machine can be helpful
- Weighted blankets for kids 4yr and up can be helpful
- Try aromatherapy such as lavender, ylang ylang, bergamot orange, clary sage
- Children 4 and up may try melatonin 1-5mg 20min prior to bedtime. Magnesium lotion before bed may also be helpful.