

Sleep - 7 tips for getting your child back on a schedule for school.

How to adjust your child's sleep schedule

As summer break comes to an end, it is important to reset your child's sleep schedule. Resetting a kid's sleep schedule can take some time. The Children's HealthSM Sleep Center offers some guidelines. We recommend starting 1-2 weeks before the first day of school.

7 tips to get back on a sleep schedule for school:

1. Adjust your child's sleep schedule gradually.
2. Wake your child up around the same time every day, and close to school wake time (i.e. if school wake time is 7 a.m., wake them up by 8 a.m.).
3. Slowly make bedtime earlier, by about 15 minutes every night.
4. If you had a bedtime routine just during school begin this routine again.
5. Keep your children active during the day, and wind down activities in the evening.
6. Turn off electronics (TV, game consoles, phones, etc.) and decrease light exposure about 2 hours before bedtime.
7. Don't give or let your children drink caffeine. This includes many sodas, chocolate milk, coffee, hot chocolate, some teas. Teens should only drink anything with caffeine in the morning. Drinking anything with caffeine after noon may affect your child's ability to sleep.

How much sleep should children get each night?

Each child has their own sleep needs. There are guidelines though, based on age, that can help. You can decide how much sleep your child needs during the school year by watching them during the summer. See how much sleep they tend to get when waking on their own time.

We offer these guidelines, from the American Academy of Pediatrics. They will help you know about how much sleep your child may need, based on their age:

- **Newborns:** 14-17 hours each day
- **Infants (4-11 months):** 12-16 hours (including naps) of sleep each
- **Toddler (1-2 years):** 11-13 hours (including naps) every day
- **Pre-schoolers (3-5 years):** 10-13 hours (including naps) every day
- **School-aged children (6-12 years):** 9-12 hours of sleep every day
- **Teens:** 8-10 hours every day