

## How to get your kids into a back-to-school sleep routine

With Summer and other school breaks it can be easy to have a more relaxed bedtime sleep routine. If you are looking for information on getting your children back into a more regular routine, read on.

A good night's sleep is essential for optimal physical and mental health. It gives your child energy, focus, and makes learning easier. The [Canada's 24 Hour Movement Guidelines](#) recommends the following amount of sleep with consistent bedtimes and wake-up times:

Toddlers 1-2 years of age	11-14 hours including naps
Preschoolers 3-4 years	10-13 hours including naps
Children age 5-13	9-11 hours of uninterrupted sleep
Teenagers	8-10 hours of uninterrupted sleep

### Sleep tips:

- adjust bedtime a little at a time, such as 15 minutes earlier each night until your child is at the bedtime they need to get the recommended amount of sleep for their age
- set a consistent wake up time to help with resetting bedtime routines
- ensure your child avoids caffeine after 3 pm., caffeine can be found in such things as energy drinks, pop, tea, coffee, chocolate
- include some physical activity most days, but stop 2 hours before bedtime, use the hour or 2 before bed for quiet activities
- make the bedroom a quiet zone by having electronics out of, or off in the bedroom at night
- have a consistent bedtime routine, for example bath, pajamas, brush teeth, book
- ensure the bedroom is dark and cool at night

## Resources

The following websites offer great information as children, teenagers and families transition to back to school:

1. [Back-to-School Wellness Toolkit \(bcchildrens.ca\)](https://bcchildrens.ca) offers guidance and resources to support children and teens with transitioning back to school.
2. [The Foundry BC website](#) has a variety of resources about the importance of sleep and what to do when you can't get a good night's sleep (aimed at adolescents to adults).
3. Health Link BC [Sleep: helping your children – and yourself- sleep well](#)
4. Kelty Mental Health [Sleeping well routines and habits to promote better sleep \(children and youth\)](#) and [Podcast](#) which looks at the relationship between sleep and mental and physical health, how technology affects sleep and how to tackle this in your family, and helpful sleep strategies for your child or youth.
5. Anxiety Canada [Getting a Good Night's Sleep](#) resource.