

TIPS TO HELP KIDS GET MORE SLEEP

- ☐ Turn off all screens at least 1-2 hours before bed.
- ☐ Get to bed and wake up at the same time each day.
- ☐ Spend time outdoors: Natural sunlight during the day helps you to sleep better at night.
- ☐ Set up a relaxing bedtime routine; shower, brush your teeth, read a book, listen to calming music, count slowly in your head, do breathing exercises.

