

Back to school and back to good sleep



Create a sleep schedule and stick to it

When we have regular sleep and wake times, it makes it easier to fall asleep and stay asleep. Set bedtimes based on the recommended number of hours of sleep for your child's age. The younger they are, the more sleep they need.

	Age range	Recommended hours of sleep
Preschool	3-5 years old	10-13 hours
School-age	6-13 years old	9-11 hours
Teen	14-17 years old	8-10 hours
Young adult	18-25 years old	7-9 hours

Source: National Sleep Foundation

Unplug for better sleep

At least one hour before turning in, start shutting down all devices (phones, laptops, TV, computers), essentially "unplugging." Use the hour for quiet activities such as reading, a bath, doing a puzzle, listening to a book on tape, or soothing music. This routine will help you relax and also help you begin to look forward to sleep.

Take 10

Every day, schedule some time for yourself—it can be as little as 10-15 minutes. The Nox Sleep experts say a daily timeout is the secret daytime weapon that improves sleep.

Prioritize sleep

Good sleep boosts school and work performance. Sleep is also critical to physical and cognitive recovery. If your child has practices that start early or extracurriculars that run late (and force homework times til later), make sure sleep doesn't get deprioritized.

Bottom line: Everyone will accomplish more if they're happy, healthy and well rested.



Take the Sleep Checkup via the SleepCharge app.

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