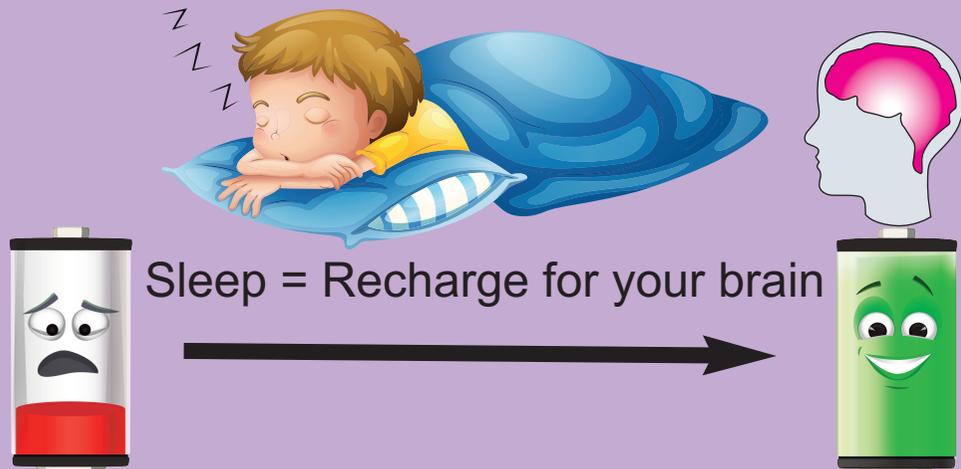


Sleep is the energy for your brain



Dr Best



You charge your tablet, so charge your brain with good sleep



For 7 to 12 years old children

How much sleep do you need?

10 to 11 hours

<https://sleepcouncil.org.uk>

Simple measures

Here are simple sleep hygiene measures for a good night's sleep for your child.

- Encourage your child to have regular physical activity during the daytime
- Avoid food and drinks containing caffeine such as chocolate, coffee, tea and cola in the late afternoon or evening.
- Avoid vigorous and stimulating activities for 1 to 2 hours before bedtime.
- Make sure your child is not hungry before going to bed.
- A warm bath may be helpful before bedtime.
- Set a bedtime routine. Calming activities such as reading a story and listening to soothing music may be helpful.

- Bedtime and morning waking should be about the same time, both during school term and weekends/school holidays. There should be no more than one hour's difference between a school night, weekend or a holiday.
- Your child's bedroom should be quiet, dark, comfortable and safe. Ban the gadgets from the bedroom.
- Avoid using your child's bedroom for 'time out' or punishment.



Touch or click to play
the video clip

Ten Tips For Getting A Better Night's Sleep

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