

Did you know that:

Children of preschool age need 12-13 hours' sleep each day. From the age of 6-9, they need 11 hours per night, and from the age of 10-15 they need 10 hours per night. Their development and growth require a great deal of recovery time. To ensure they get enough sleep, children and young people need the support of adults and a set time when they go to bed.



Why is sleep so important?

Sleep is vital for a child's health and growth. A child who is rested is more attentive, concentrated and calm. Children generally feel better and perform better if they are rested. A child's brain is constantly developing and the need for rest and sleep is far greater for children than for adults.



The IDEFICS study offers five folders aimed at promoting children's health:
Water – the best way to quench your thirst!
Good sleeping habits are important for your child!
Enjoy your time together – television and other screens can wait!
Fruit and vegetables are tasty!
Play and exercise are good for children and adults!

The folders and other material can be downloaded at www.vgregion.se/obesitydecision-support under the heading brochures/folders. The folders are funded by the Public Health Committee, Region Västra Götaland. They can be ordered at adress.distributionscentrum@vgregion.se.

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Good sleeping



habits are important for your child!



www.ideficsstudy.eu

learning healthy living Partille Municipal Authority
University of Gothenburg, Sahlgrenska Academy
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Region Västra Götaland

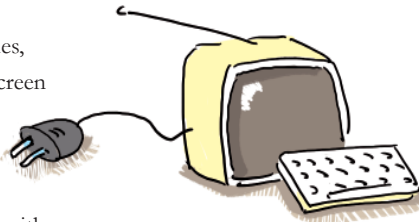


Five tips on how to ensure your child gets enough sleep:



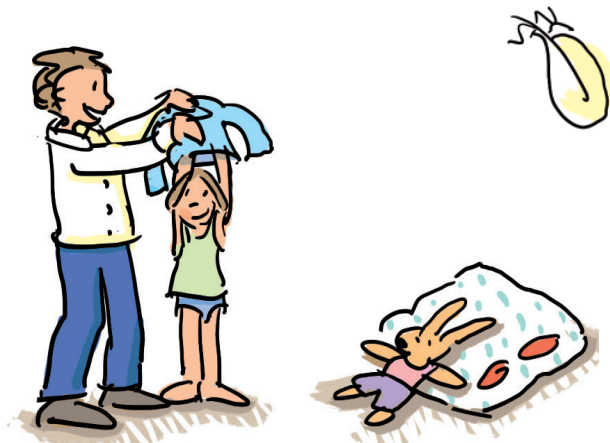
Wind down for a while before going to bed

Avoid boisterous games, television and other screen distractions during the final hour before going to bed. Use the time instead to be with your child and talk to them about the day and what they have done. It could also be good to spend some time reading a bedtime story to help them wind down.



Try to have a fixed bedtime routine

In order to get into a good routine, you should preferably have a regular time when your child goes to bed, and which is based on the recommended sleep requirements for their age. Having the same bedtime routine every evening will help your child feel secure. Ideally, you could round off the day by reading a short story before saying good night and leaving the room.



Avoid large meals before going to bed

A light supper is good but avoid large meals or drinking lots of fluids before going to bed. Remember to avoid products that contain caffeine (such as chocolate and soft drinks).



Create a place to sleep that is peaceful and quiet

Allow your child's bed to be in a place associated with sleep and nothing else. The room ought to be cool, dark and quiet. There should be no screens or toys to tempt them, although their favourite cuddly toy could help them feel relaxed and safe.



Allow your child to play actively during the day



A child who is physically active during the day, preferably outdoors, and who has the opportunity to use their imagination while playing, sleeps better than a passive child. Before going to bed, it is good to have a quiet period, as this will help them sleep.

