

Dear Parents,

Have you heard about the widespread impact of sleep? It turns out that there have been links between sleep deficiency and things like ADHD, obesity, and depression in children and adolescents. Also, a good night's sleep is linked to enhanced physical and mental health. Here are some ways you can promote good "sleep hygiene" in your child:

**Misdiagnosed
ADHD,
Depression,
and other
Issues Can
Often Actually
be Attributed
to Lack of
Sleep**

**IN THE U.S. 30% OF
KIDS AND 73% OF HIGH
SCHOOL TEENS DO NOT
GET ENOUGH SLEEP**

>> Enforce a strict bedtime (Your child should be getting at least _____ hours of sleep per night.) Remove electronics an hour before bedtime. Keep all cell phones and other devices in a living space, or even in a parent's bedroom overnight. **Parents tend to underestimate the amount of time their child spends online in the bedroom.**

>> Establish a consistent bedtime routine (include things like brushing teeth, bathing, and reading). For older students, spend a few minutes talking each evening before bed. They may be able to clear their minds by getting important things out and off their chests before resting. Some students benefit from having a white noise machine or nature sounds.

>> Have your child wake up around the same time each morning.

>> Make sure their room is quiet and dark all through the night.

>> Stay positive! If your child isn't sleeping well, keep trying. If problems persist, talk to your doctor.

Here are some guidelines on the recommended hours of sleep:

Infants under 1 year: 12-16 hours

Children 1-2 years old: 11-14 hours

Children 3-5 years old: 10-13 hours

Children 6-12 years old: 9-12 hours

Teenagers 13-18 years old: 8-10 hours

**OUR CHILDREN AND TEENS ARE SLEEP DEPRIVED. AND WE'RE MISSING
THE SIGNALS. OR WORSE. MISDIAGNOSING WHAT'S GOING ON.**