

# Sleepscription

School age children need 9 to 12 hours of sleep per day.  
(Example 9 pm to 6 am or 8 pm to 8 am)  
Sleep helps your body and mind grow strong!  
**Directions:** Keep track of how many hours you sleep for one week.

Name:
Week:

Day of Week	Number of Hours I Slept
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

- Were you able to sleep for 9 to 12 hours every night?**  
If yes, HIGH FIVE!!

If no, choose one thing you could do to improve your sleep:

☐ Turn off all screens at least one hour before bedtime.

☐ Keep your bedtime and the time you wake up the same every day.

☐ Keep active and exercise or play for one hour everyday during daylight hours.

☐ Keep screens out of the bedroom - Make your bedroom calm, cool, quiet and dark.

☐ Cut out caffeine, including soda, coffee/tea, and energy drinks.

Credit: Michelle Datal, MD, FAAP and Neeta Agarwal, MD, FAAP  
Recommended for use with school age children.

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