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## **The Secret to Falling Asleep Faster - For Children 6 and Above**

### **Consistency**

- Consistency is key for maintaining and establishing a bedtime routine
- Try to have the same bedtime 7 days a week, especially when training yourself to sleep

### **Stimulation**

- Avoid all stimulating activity (such as exercise, video games, movies) 2 hours prior to bedtime. This includes watching television or any other screen time.
- Keep a dim, relaxing environment prior to bedtime.
- Do not read in bed - read on the couch and when you feel drowsy - transfer into the bed. Reading in bed will stimulate you. Also, going to bed without any other distractions will condition your body to fall asleep the minute you are under the covers.

### **Naps**

- Eliminate and stop all daytime naps

### **Duration**

- Maintain at least 9-10 hours of sleep for young adults. kids 4-7 years old will benefit from 10-11 hours.

### **Melatonin:**

Melatonin is not recommended as a first line treatment if your child has a hard time sleeping.

- First, try and be sure that your child is not stressed, bullied, and/or depressed.
- Make sure your child doesn't read or play in their bed. If they like to read, allow them to read on the couch and only then, transfer to bed.
- Also, make sure that your child does not consume sugary products before bedtime.

If you have tried to tackle the insomnia without success, you may try melatonin- there is no set amount but a toddler under 10 years should start with 1 mg and increase to 2mg if not successful. A teenager can start with 2mg and slowly increase to 10mg as needed. We cannot guarantee the safety of melatonin as we are not aware of long term studies showing Melatonin's safety. Try and taper your child's melatonin off after a few weeks. Once your child goes to bed nicely, make sure that you minimize any late nights.