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# CHL

## Children's Healthy Living Program

for Remote Underserved Minority Populations  
in the Pacific Region

Enhancing child wellness!

## CHL Tips for Increasing Sleep Time

The CHL program partners with community members and organizations to make deliberate choices that lead to healthier children. This tip or coaching sheet will assist you in achieving a positive change in the life of your child. Give the following tips a try and stay with them throughout your child's life!

### Be a role model

- Demonstrate healthy sleep habits.
- Teach children about healthy sleep habits.
- Establish and maintain a regular bedtime and wake up time.



## Sleep more

Children: 11-13 hours everyday  
Adults: 7-9 hours everyday

### Create a bedtime routine

- 15-30 minutes of calm, soothing activities.
- **Discourage television**, exercise, computer and telephone use, and avoid caffeine (found in beverages, chocolate and other products) before bedtime.
- Keep the same activities part of the nightly routine
- **Set limits in a kind and calming way** – kids tend to stall, they want one more story, kiss or hug.
- Get everyone involved in the routine – turn down the lights, brush your teeth together, let them know they are not going to “miss something”.
- Don't use **sleep as a punishment** – going to sleep should be positive.
- Let kids know that sleep will help them grow big and strong because they will feel rested.

- **Teach your kids to soothe themselves** – put them to bed when they are sleepy and happy.
- Give them something that is comforting, such as a stuffed animal or blanket.
- Achieve a balanced schedule. Identify and prioritize activities that allow for downtime and sufficient sleep time.

### Make good spaces for sleep

- Make child's bedroom conducive to sleep – dark, cool and quiet.
- Keep TV and computers out of the bedroom.

### Tip sheet sources and additional resources

- National Sleep Foundation  
<http://www.sleepfoundation.org/article/sleep-topics/children-and-sleep>
- YMCA of Metropolitan Washington  
<http://www.ymcadc.org/social/edYouthParents.cfm>
- PsychCentral  
<http://psychcentral.com/lib/2011/hints-to-help-kids-get-enough-sleep/>

### Tip sheet developed by

Huizhong Wang, Graduate Assistant, CHL Program.

(v1. 1/2013)

For more information about the CHL program, contact:  
Northern Marianas College  
Cooperative Research, Extension and Education Service  
(670) 237-6842 | [crees@marianas.edu](mailto:crees@marianas.edu)

[www.CHL-Pacific.org](http://www.CHL-Pacific.org)



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National Institute of Food and Agriculture