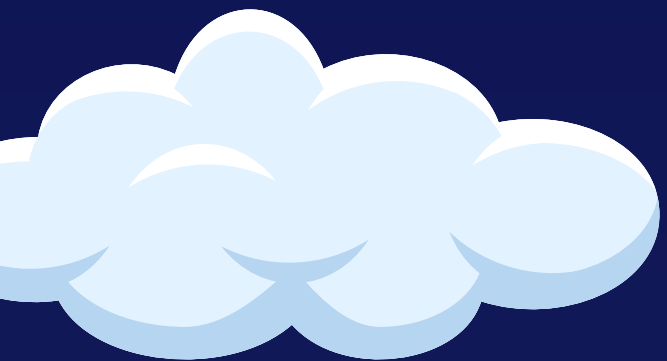
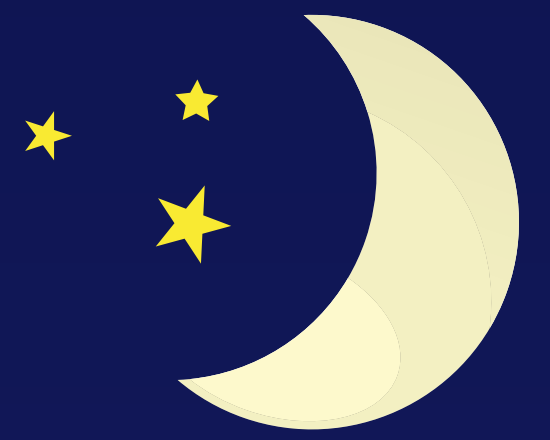


SLEEP TIPS

TO FACILITATE EFFECTIVE SLEEP



Temperature

The temperature at bedtime should be 70 degrees or colder than it is during the day.

A fan can also be used to cool a child's room off.

Blue Light

Screen time should be ended 60 minutes before bed. If a screen is needed for comfort, blue light glasses should be worn.

The bedroom and, especially the bed, is recommended no screen zone.

Lighting

Dimming the lights before bed encourages the production of melatonin.

Red, orange, and yellow light has little effect on the production of melatonin.

Food

Dinner should be 2-4 hours before bed. A snack can be eaten, and it can help children fall asleep.

Eating high-calorie meals before bed with large amounts of fats or carbohydrates increases the time it takes to fall asleep.

Physical Activity

Physical Activity decreases the amount of time it takes to fall asleep.

Morning or afternoon physical activity is most effective to facilitate sleep. In fact, evening or nighttime exercise has a negative effect on sleep.

Smell

Smell can affect and influence sleep quality, quantity, and latency.

Lavender has a calming effect on blood pressure, mood, and heart rate. It can be used in a diffuser or put on a pillow.

