



American Heart Association®

Life's Essential 8™

→ **for kids**

# SLEEP TIGHT

Sleep is a magical time when our bodies and minds rest and recharge. It's important because it brings us many amazing benefits.

Let's explore some of them:

**SUPERCHARGED ENERGY:** A good night's sleep is like filling up our energy tank. It helps us feel refreshed and ready to have fun, learn and do all the things we love the next day.

**GROWING POWER:** While we sleep, our bodies work hard to grow and become stronger. Sleep helps our bones and muscles get big and healthy, just like watering a plant helps it grow tall and strong.

Getting a good night's sleep every night is vital to heart health. Too little sleep (less than 9 hours per night) in children and adolescents is associated with higher blood pressure and obesity.



## HOW MUCH SLEEP DOES A CHILD OR TEEN NEED PER NIGHT?

Infants 4 to 12 months old.....	12–16 hours
1 to 2 year-olds.....	11–14 hours
3 to 5 year-olds.....	10–13 hours
6 to 12 year-olds.....	9–12 hours
13 to 18 year-olds.....	8–10 hours

Learn more at  
[heart.org/lifes8forkids](https://heart.org/lifes8forkids)



## TIPS FOR SUCCESS

### CLEAN UP YOUR SLEEP HYGIENE



#### MOVE IT

Remove devices from your child's or teen's bedroom at night.



#### DIM IT

Dim your household lights and reduce using or avoid screens in the evening before bed. The bright blue light of most devices can mess with your circadian rhythm and melatonin production.



#### SET IT

Alarms aren't just for waking up, set an alarm to start a consistent bedtime routine (bath, reading, winding down).



#### BLOCK IT

Tell notifications to buzz off if they're waking you up at night. Put your phone on "do not disturb" mode to block it all out when you're trying to sleep, best yet, set it on airplane mode or turn off the device completely.