

CHL Tips for Increasing Sleep Time

The CHL program partners with community members and organizations to promote healthy weight and overall well-being of young children in Hawaii, and support existing programs. 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.

✓ Create a bedtime routine

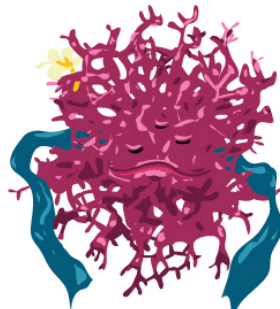
- 15-30 minutes of calm, soothing activities.
- **Discourage television**, exercise, computer and telephone use, and avoid caffeine (found in beverages, chocolate and other products) before bedtime.
- Keep the same activities part of the nightly routine
- **Set limits in a kind and calming way** – kids 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.



For more about this tip or the CHL Program, contact:

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University of Hawai'i at Manoa

College of Tropical Agriculture and Human Resources

Dr. Rachel Novotny | 808.956.3848 | novotny@hawaii.edu

www.CHL-Pacific.org



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