



American Heart Association®
Life's Essential 8™

→ for kids

HOW TO GET HEALTHY SLEEP



Getting a good night's sleep every night is vital to heart health. Too little sleep (less than 5 hours per night) in children and adolescents is associated with higher blood pressure and obesity.¹



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

BENEFITS OF SLEEP

- ✓ **HEALING** and repair of cells, tissues and blood vessels
- ✓ **STRONGER IMPROVED** immune system
- ✓ **IMPROVED** mood and energy
- ✓ **BETTER BRAIN FUNCTION** including alertness, decision-making, focus, learning, memory, reasoning and problem-solving
- ✓ **LESS RISK** of health problems

Learn more at heart.org/lifes8

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 screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production.



SET IT

Choose a time when your child or teen must stop use of all electronics. Alarms aren't just for waking up, set a bedtime alarm to remind them when to stop using all electronics.



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.

¹Recommended Amount of Sleep for Pediatric Populations: A Consensus Statement of the American Academy of Sleep Medicine - Paruthi S, Brooks LJ, D'Ambrosio C, Hall WA, Kotagal S, Lloyd RM, Malow BA, Maski K, Nichols C, Quan SF, Rosen CL, Troester MM, Wise MS. Recommended amount of sleep for pediatric populations: a consensus statement of the American Academy of Sleep Medicine. J Clin Sleep Med 2016;12(6):785–786

²Sleep is essential to health: an American Academy of Sleep Medicine position statement - Ramar K, Malhotra RK, Carden KA, et al. Sleep is essential to health: an American Academy of Sleep Medicine position statement. J Clin Sleep Med. 2021;17(10):2115–2119.