Health for Kids!

NHS
Leicestershire Partnership
NHS Trust

Sleep is essential for good health

Recommended sleep per night

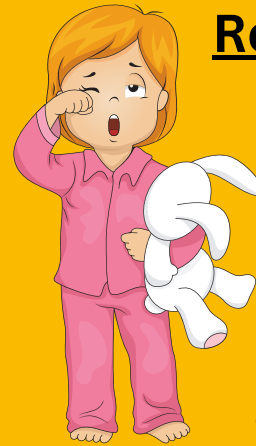| Age 4-7	Age 8-9	Age 10-11
10-11 hours	10 hours	9.5 hours
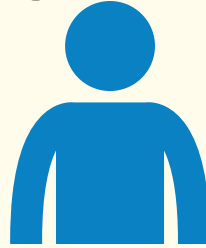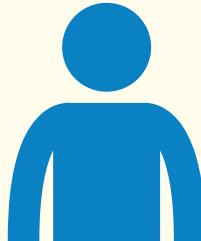
Routine is key
1. Calm play
2. Bath and clean teeth
3. Story time
4. Sleep

Get more sleep advice
SCAN ME

or visit:
bit.ly/H4KSleep

Top tips for a better night's sleep

Get lots of fresh air and get your body moving for 60 minutes every day

Enjoy some calm, chill out time before bed

Avoid screens one hour before bed

Sleep in a dark, quiet room

Enjoy a glass of milk before bed- no fizzy drinks!