

# Sleep for children

Children ages 5 to 13  
should get 9 to 11 hours of  
uninterrupted sleep each night.

## Move more, sleep well:

Sleep is just as important as being active! The benefits of physical activity are increased when paired with sufficient sleep. Regular, high-quality sleep helps children grow, play, learn and manage their emotions at home and in school.



## Tips for a good night's sleep:



Stick to regular bed  
and wake-up times  
(even on weekends).



Create a sleep-friendly  
space: dark, quiet, cool  
and free of screens.



Establish a relaxing  
routine 30 minutes  
to 1 hour before bed.



Be active during  
the day; reduce  
time spent sitting.



Limit screen time during  
the day and avoid screens  
at least 1 hour before bed.



Avoid large meals,  
caffeine and sugary  
snacks before bedtime.



**Sweat**  
1 hour daily



**Step**  
Several hours



**Sleep**  
9 to 11 hours



Produced by OSPAPPH  
Sleep Working Group

## Children follow your example!

Healthy sleep habits and a consistent  
routine at home help children sleep better.

[ospapph.ca](http://ospapph.ca) | [info@ospapph.ca](mailto:info@ospapph.ca)