

# 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.

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