

3 Ways to Help Your Child Get Better Sleep

1. AVOID BRIGHT LIGHT

Dim the lights during the evening and bedtime routine.

2. PICK A LOW WATTAGE

If your child needs a nightlight, choose one that is low wattage and stays on all night.

3. DON'T USE ELECTRONICS

Limit your child's use of electronics before bedtime and during the bedtime routine.

How to Stop Electronics from Ruining Your Child's Sleep:



- Move technology use to before the start of the bedtime routine
- Reduce the amount of time your child uses electronics during this time
- Dim screens, use blue light filters
- Replace electronics with other sources or sound and light (sound machine, nightlight, stories)



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