



Sleep in School-Aged Children

Did you know?

*Good sleep helps children stay healthy,
fight off germs, and learn in school.*

Action Plan

- Take steps to make sure that school-age children (ages 6 to 10 years) get 9 to 12 hours of restful sleep a night.
 - At least 30 minutes before your child goes to bed, turn off all screens and electronics.
 - Keep a consistent bedtime routine (example: brush teeth, put on pajamas, read a book, turn off the lights).
 - Minimize noise and lights in areas where your child sleeps.

- Reduce sources of air pollution in your home. Provide good ventilation where your child sleeps.

- Concerned about your child's sleep habits? Speak to your child's pediatrician.

[more](#) →



Resources

For more information about healthy sleep habits in children visit [healthychildren.org](https://www.healthychildren.org) and search for Sleep.

For more information on reducing air pollution in your home visit [nyscheck.org/rx](https://www.nyscheck.org/rx) and click on "Indoor Air Pollution." Additional information can also be found at [nyc.gov](https://www.nyc.gov)



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