

Healthy Sleep Habits for Parents

Parents have demanding schedules and routines. Getting enough sleep is an important part of being present and alert for your kids. Use the tips below to improve your sleep habits!

- **Only go to sleep when you are sleepy.** If you are not sleepy at bedtime, do something relaxing but not stimulating. Take your mind off of worrying about sleep. “Wind down” from the day.
- **If you do not fall asleep** after 20-30 minutes, then get out of bed and do something calming and relaxing, ideally in another room, until you feel sleepy again.
- **Create consistent** and relaxing bedtime preparation routines. This might include a hot bath or shower, light snack, listening to soft music or a few minutes of reading.
- **Wake up and go to sleep** at the same time throughout the week, even on weekends and holidays.
- **Adults should avoid napping.** If a nap is necessary, try to take one before 3pm and keep it less than one hour.
- **Don’t read, write, eat,** check email, work, watch TV, or talk on the phone in bed. Avoid trying to sleep with a computer or TV that is on in the room.
- **Avoid caffeine** and nicotine after lunch.
- **The ideal sleeping** environment is quiet, dark and a little cool — think cave-like.
- **Avoid family and/or marital arguments** just before bedtime.