Useful Tips For Managing SLEEP PROBLEMS In Children

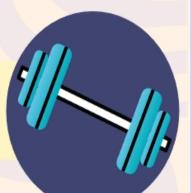
Establish consistent sleep and wake times





Limit sugar and caffeine before bed

Encourage regular exercise and physical activity



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Minimize screen time before bedtime

Encourage more sleep time

Establish healthy bedtime rituals (bathing, reading, brushing teeth)



Source: https://www.momjunction.com/articles/sleep-disorders-in-children-typessymptoms-treatment-tips_00822310/