

Tips To Maintain A Child's Sleep Schedule



Ensure the child goes to bed and wakes up at a fixed time daily.



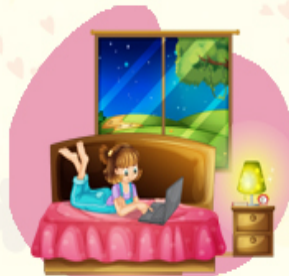
Switch off all the lights and keep the room at a comfortable temperature for better sleep.



Try to make the child witness the brightness of the rising sun to regulate their circadian rhythms.



Avoid caffeine-based drinks for the child near bedtime.



Ensure the child stops using devices emitting blue light at least three hours before bedtime.



Ensure the child's nap time is in the earlier hours of the day to keep their sleep schedule unaffected.

References:

1. Early-rising children are more active than late risers; NIH
2. Influence of early rising on performance in tasks requiring attention and memory; NIH
3. Sleep timing, sleep consistency, and health in adults: a systematic review; NIH
4. Effects of Light on Circadian Rhythms; CDC
5. How to Sleep Well Despite Changes in Your Schedule; Johns Hopkins Medicine
6. Changing your sleep habits; NLM