

SLEEP HYGIENE TIPS

for a Better Night's Rest

Good sleep is essential for a healthy heart, a sharp mind, and a happy life!



WHY SLEEP MATTERS



Improve memory and concentration



Support heart and immune health



Reduce stress and anxiety



Improve mood and behavior



Enhance athletic and school performance



Promote healthy growth in children and teens

SLEEP RECOMMENDATIONS BY AGE

Infants (0–12 months) **12–16 hours**

Children (6–12 years) **9–12 hours**

Teenagers (13–18 years) **8–10 hours**

Adults (18+ years) **7–9 hours**

WHEN TO TALK TO A DOCTOR

Seek medical advice if you or your child have:

- Loud snoring or pauses in breathing
- Difficulty falling asleep regularly
- Excessive daytime sleepiness
- Frequent nightmares
- Restless sleep
- Persistent fatigue despite adequate sleep



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KEEP A CONSISTENT SLEEP SCHEDULE

- Go to bed and wake up at the same time every day
- Keep the same schedule on weekends when possible
- Helps regulate your body's internal clock

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LIMIT SCREEN TIME BEFORE BED

- Avoid phones, tablets, TV, and video games 1–2 hours before sleep
- Blue light can suppress melatonin and delay sleep
- Try reading a book or listening to calming audio instead

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AVOID CAFFEINE LATE IN THE DAY

- Limit coffee, tea, soda, and energy drinks after lunchtime
- Caffeine can stay in the body for several hours
- Children and teens should especially avoid energy drinks

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AVOID HEAVY MEALS BEFORE BED

- Large meals close to bedtime may cause discomfort or reflux
- Light healthy snacks are okay if hungry

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STAY PHYSICALLY ACTIVE

- Daily exercise improves sleep quality
- Avoid intense workouts right before bedtime

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CREATE A COMFORTABLE SLEEP ENVIRONMENT

- Keep the bedroom cool, dark, and quiet
- Use comfortable pillows and bedding
- Consider blackout curtains or white-noise machines if needed

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DEVELOP A RELAXING BEDTIME ROUTINE

Try:



Warm shower or bath



Gentle stretching



Deep breathing exercises



Prayer, meditation, or reading

8



USE THE BED FOR SLEEP

- Avoid studying, working, or gaming in bed
- Helps the brain associate bed with sleep

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GET MORNING SUNLIGHT

- Natural light exposure in the morning helps regulate circadian rhythm
- Spend time outdoors when possible

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AVOID LONG DAYTIME NAPS

- Short naps (20–30 minutes) are okay
- Long naps may make nighttime sleep harder



Dr. Shabib Alhadheri, MD

Advanced Pediatric Cardiology

1478 W Elliot Rd, Suite 102, Gilbert, AZ 85233

Phone: 480-855-1339

Website: www.apcadio.com

Better Sleep
Better Health
Brighter Tomorrow