

# A good night's sleep is linked to school success

Studies prove that even one more hour of sleep can help your child do better in school. His brain will work better. He'll be more alert and able to pay attention. He'll remember material with greater accuracy.

To help your child get the recommended 10 hours of sleep each night:

- Follow a schedule. Try to have the same times for meals and snacks; homework; games, TV and other recreation; and bedtime.
- Get your child active and outdoors. Exercise and fresh air help kids sleep better.
- Create a bedtime routine. Brush teeth, take a bath, put on pajamas and read a brief story. Review something positive from the day. Then, lights out.
- Make your child feel safe. Put a night light in his room, if necessary. Leave his door slightly open. Tell him you'll check on him periodically.

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