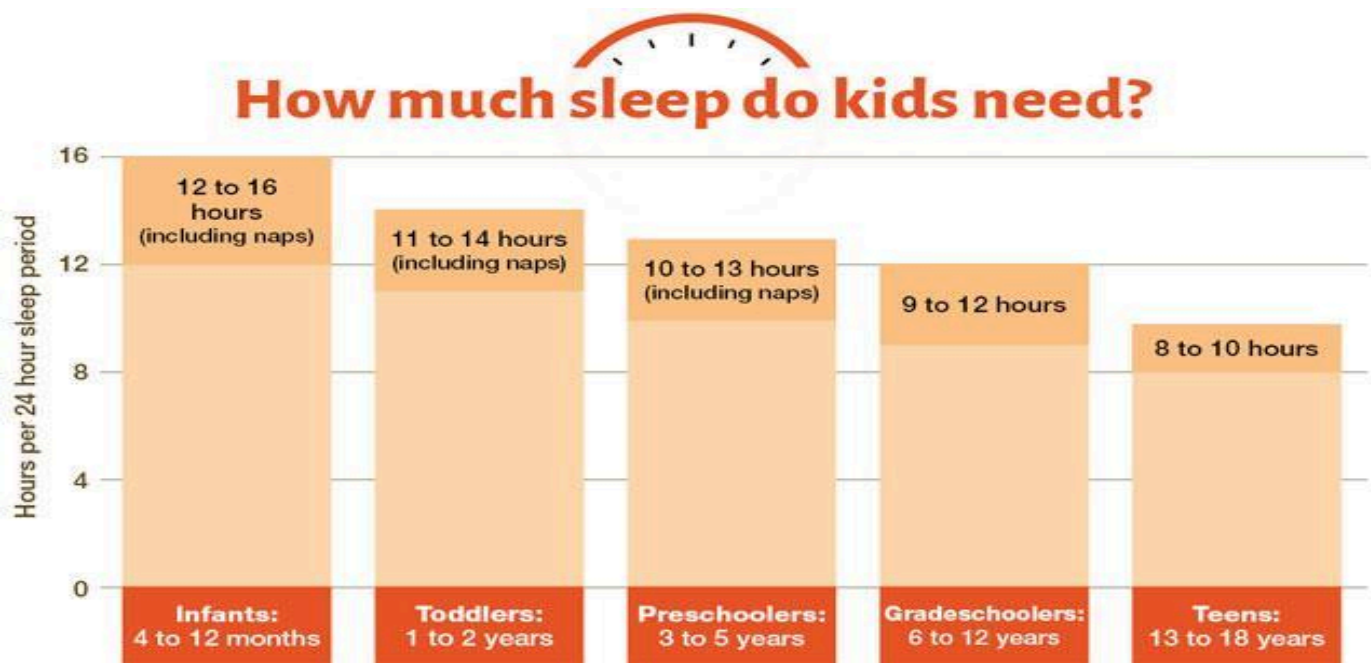


American Academy of Pediatrics.



Remove electronics out of the bedroom: TV's, computers, laptops, tablets, cell phones, and gaming devices.

Monitor screen time: Shut down use of electronics one hour before bedtime. Encourage your child to read a book as it helps with school.

Encourage a sleep supportive and safe environment. Dim the light and control the temperature. Don't fill the child's bed with toys. Allow only one or two favorite toys.

Avoid overscheduling.

Be active during the day.

Keep to a regular daily routine.

Talk to your child's teacher about your child's alertness during the day.

Talk to your health care provider about sleep.