

Sleep Hygiene in Children



Why is sleep important?

Adequate sleep is essential for the normal development of children and adults.

Not getting enough sleep is associated with various developmental and medical conditions including:

- Learning problems
- Poor attention
- Hyperactivity
- Difficulty with memory-related tasks
- Task organisation and planning
- More frequent illnesses
- Obesity

Sleep hygiene encompasses establishing good bedtime routines and sleep habits so as to ensure adequate sleep duration.

What are sleep problems?

Sleep problems are not uncommon in children and may or may not be of significance. Some sleep disorders are serious and can lead to further complications if not treated promptly.

Examples of sleep problems include:

- Nightmares
- Bruxism
- Hyperactivity
- Bruxism – teeth grinding
- Sleepwalking
- Snoring
- Sleep latency – delay in falling asleep
- Day-night reversals (i.e. reversal of sleep and awake time)



How much sleep is required?

The amount of sleep required gradually reduces with age. Sleep includes both daytime and nighttime sleep. Infants and preschoolers require daytime naps which will drop in frequency and duration as they get older. Most children stop napping between five and six years old.

An approximate guide:



- **Newborns:** 14 to 17 hours/day
- **1 to 11 months:** 12 to 15 hours/day
- **1 to 2 years old:** 11 to 14 hours/day
- **3 to 5 years old:** 10 to 13 hours/day
- **6 to 13 years old:** 9 to 11 hours/day
- **13 to 17 years old:** 8 to 10 hours/day

What are some tips for promoting sleep hygiene?

It is never too early to ensure good sleep hygiene! Start bedtime routines as young as three months of age.

Do's



- Have a fixed bedtime daily.
- Have a consistent bedtime routine daily prior to letting your child sleep. This can be simple with just two to three components in your routine. For example:
 - o Bath or sponging
 - o Reading a bedtime story
 - o Singing a goodnight song

Dont's



- Latch babies to sleep during breastfeeding. If you do so beyond the initial two-month period, your baby may develop a tendency to nurse before sleeping even when older.
- Use any electronic devices 1.5 hours before bedtime. Electronic devices include TV, smartphones, tablets and computers.
- Let your child fall asleep with the milk bottle in his or her mouth.
- Speak to your child when you feed him or her close to bedtime.



Additional resources on sleep hygiene

- Getting Your Baby to Sleep
www.healthychildren.org
- Children and Sleep
www.sleepfoundation.org/children-and-sleep
- Sleep Problems – Babies and Toddlers
www.rch.org.au

NUH Child Development Unit

NUH Child Development Unit is part of the Khoo Teck Puat – National University Children's Medical Institute at National University Hospital. The clinic provides multidisciplinary assessments, therapy and holistic management of children with developmental & behavioural disorders from birth to 7 years old.

About the Khoo Teck Puat – National University Children’s Medical Institute (KTP-NUCMI)

The KTP-NUCMI is the paediatric arm of the National University Hospital and comprises the Departments of Paediatrics, Paediatric Surgery and Neonatology. We provide comprehensive and specialised medical and surgical services for newborns, children and adolescents, and are the only public hospital in Singapore that offers paediatric kidney and liver transplant programmes. Through a generous gift from the Estate of Khoo Teck Puat, we have set up an integrated outpatient facility with medical, diagnostic and rehabilitation services.

For more information about us, visit www.nuh.com.sg/nuhkids.

Getting to NUH Child Development Unit

NUH Child Development Unit @ Jurong Medical Centre

60 Jurong West Central 3, Level 2, Singapore 648346

Jurong Medical Centre (JMC) is located next to The Frontier Community Club and opposite Jurong Point Shopping Mall. The nearest MRT station is Boon Lay (East-West Line).

NUH Child Development Unit @ Keat Hong

2 Choa Chu Kang Loop, #03-01, Singapore 689687

We are located within Keat Hong Community Club and opposite Lot One Shoppers’ Mall.

The nearest MRT station is Choa Chu Kang (North-South Line).

Contact Us

NUH Child Development Unit

Operating Hours: 8.30am – 5.30pm (Mon to Fri)

Jurong Medical Centre Appointment Line: +65 6665 2530/2531

Keat Hong Community Club Appointment Line: +65 6769 4537/4637

Fax: +65 6665 0158 Email: cdu@nuhs.edu.sg

Website: www.nuh.com.sg/cdu

24-hour Children’s Emergency

Location: NUH Main Building, Zone F, Level 1

General Enquiry: +65 6772 2555

KTP-NUCMI

Location: NUH Main Building, Zone E, Level 2 (Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)

Operating Hours: 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)

General Enquiry: +65 6772 5736 Appointment Line: +65 6772 2002

Fax: +65 6776 2102 Email: ktpnucmi_appt@nuhs.edu.sg

9a Viva-University Children’s Cancer Centre

Location: NUH Medical Centre, Zone B, Level 9

Operating Hours: 8.30am – 5.30pm (Mon to Fri) Appointment Line: +65 6772 5030

Fax: +65 6872 4314 Email: cbccappt@nuhs.edu.sg

NUH Children’s Urgent Care Clinic @ Bukit Panjang

Location: Junction 10, 1 Woodlands Road, #01-22, Singapore 677899

Operating Hours: 9am – 11pm daily (including public holidays)

General Enquiry: +65 6219 1538 Email: childrenucc@nuhs.edu.sg

Website: www.nuh.com.sg/ucc

National University Hospital

Location: 5 Lower Kent Ridge Road, Singapore 119074

Tel: +65 6779 5555 Email: NUH_enquiries@nuhs.edu.sg

Website: www.nuh.com.sg