

	Concept	Details & Recommendations
A	AGE appropriate	It is important that children go to bed and wake up at times that ensure they receive an age-appropriate amount of sleep. For children who have outgrown naps (which usually occurs during the preschool age period), napping during the day may indicate insufficient quality and/or quantity of sleep at night.
B	BEDTIMES	Set bedtimes and wake times, as well as evening and morning routines, are key to good sleep. It is recommended that bedtimes be no later than 9pm across childhood.
C	CONSISTENCY	It is very important that bedtimes and wake times are consistent, even on weekends (i.e., no more than 30-60 min. difference between weekday and weekend bedtimes and wake times).
S	SCHEDULE	In addition to bedtime and wake time routines, it is also important that children have consistency throughout their day, including the timing of homework, extra-curricular activities, and so forth.
L	LOCATION	It is important that your child's location for sleep is consistent and familiar, and includes a comfortable bed in a quiet, dark, and cool room. Your child's bedroom should only be used for sleeping and, therefore, should be conducive to relaxation (i.e., not too exciting or distracting).
E	No ELECTRONICS in the bedroom or before bed	Children should not use stimulating electronic devices (e.g., iPods, cell phones, laptops, etc.) too close to bedtime (one hour prior to going to bed), and these items should not be stored in the bedroom.
E	EXERCISE and diet	Physical activity during the day is important to healthy sleep, but should not be undertaken too close to bedtime. Your child's day should include a cool-down period before bedtime, where he or she slowly comes down from regular activity level to a quiet, more restful state. Diet includes things like caffeine consumption—children should limit or eliminate caffeine consumption—as well as the timing of meals. Children should not go to bed hungry, but they also should not consume a large meal right before bedtime. A healthy balanced diet is important to your child's sleep and overall health.
P	POSITIVITY	Parents should have a positive attitude towards sleep and the bedtime/wake time routine, and the atmosphere in the house should be positive, in order to promote a positive mood in children. It is important that this positive mood is relaxing and calming, rather than fun and exciting; we want children to wind down before bedtime. Also, doing frustrating activities right before bed (i.e., math problems for a child who struggles with math) is not recommended, as this may interfere with your child's ability to fall asleep.
I	INDEPENDENCE when falling asleep	Once your child reaches an age where he or she is capable of settling into sleep without parental involvement, independence when falling asleep should be encouraged. For children, independence means no calling out or getting out of bed, and for parents, no responding to their child calling out and returning the child to their room if he or she does get out of bed.
N	NEEDS met during the day	Finally, the needs of your child should be met throughout the day. This refers to children's emotional needs (e.g., love, support, hugs, etc.), as well as basic physiological needs (e.g., thirst, hunger, etc.).
G	All of the above = GREAT sleep!	