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Canadian
Primary Care
Information
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Helping your child get better sleep

Sleep is essential for your child's health, growth, and learning. From babies to teenagers, getting enough sleep helps the brain develop, supports mood, and improves attention and memory during the day. Children who sleep well are often better able to focus on school, manage emotions, and stay active and healthy.

Sleep needs change with age, but all children benefit from a regular sleep routine. Try keeping the same bedtime and wake-up time every day, including weekends. A predictable routine before bed helps signal to the body that it is time to sleep. Calm activities such as reading, drawing, or listening to quiet music can help children relax before bedtime.



It is also helpful to limit screen use in the evening. Phones, tablets, computers, and televisions can make it harder for the brain to prepare for sleep. Turning off screens at least one hour before bedtime can improve sleep quality. A comfortable sleep environment is also important. A bedroom that is quiet, dark, and slightly cool can help children fall asleep more easily and stay asleep through the night.

Healthy sleep habits can improve learning, behaviour, mood, and overall well-being. Encouraging consistent routines and good sleep habits early in life can support long-term health.

To learn more about
healthy sleep for
children, [click here](#)