



Tips to Promote a Good Night's Sleep for Children

Good sleep habits—also called sleep hygiene—can help your child get a good night's sleep. Here are some tips from NorthShore Sleep Medicine and sleep specialists Dr. Lisa Shives and Dr. Irina Trosman.

1. During the first few months of your child's life, it is best to have your child fall asleep at bedtime in the same manner that he or she will fall asleep after a nighttime awakening. Do not allow your child to fall asleep on the way to bed or while they are being held or rocked.
2. Children tend to develop a fairly regular schedule for nighttime sleep, naptime and mealtimes after three months of life.
3. By five months of age, most healthy, full-term infants should be sleeping through the majority of the night. If your child is still having multiple night wakings, possible causes should be explored by your child's pediatrician.
4. Do not allow your child to fall asleep with a bottle. Sleeping with a bottle can cause increased ear and dental disease. Dependency on a bottle or pacifier as a sleep aid can cause your baby to wake up more frequently during the night.
5. Create an age-appropriate bedtime routine for your child (for example singing a song or reading a story before turning out the lights). Make sure to use this routine every night.
6. Never include technology (especially television) in your child's bedtime routine. Watching television before bedtime can interfere with your child obtaining the sleep he or she needs to be fully rested.
7. Transitional objects (such as a soft blanket, stuffed animal or doll) are helpful around the age of one year, to provide children with comfort and security to help them fall asleep at night.

For more information, visit our web site at
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