

TV Could Be Disrupting Your Child's Sleep?

Does your **child** have a **sleep problem**? Does your **child** have a **television** in their **room**? Does your **child** use **watching television** to help **fall asleep**? Studies show that **allowing children to watch TV** before bed makes it **harder** for the **child** to **settle** into **sleep** at **night** because of the **noise, light, and content.**

In addition, **too much TV during the day** could be **disrupting** your **child's sleep**. Research has found that **children** who **watch too much TV** during the day **struggle** with **interrupted sleep** and **irregular bed** and **naptime schedules.**

The **National Institute of Health** and **Dr. Nancy Maynard**, a Pediatrician offers these suggestions:

- **Limit** the amount of TV during the day **to less than two hours of screen time**, including TV, computer, and video games.
- **Do not use TV** as a **go-to-sleep aid**.
- Set a **regular time** for **bed each night** and stick to it.
- Establish a **relaxing bedtime routine**, such as giving your child a warm bath or reading him or her a story.
- Make **after dinner** playtime a **relaxing time**. Too much activity close to bed can keep children awake.
- **Avoid feeding** children **big meals close to bedtime**.
- **Avoid giving children** anything with **caffeine** less than 6 hours before bedtime.
- **Set the bedroom temperature** so that it's comfortable –not too warm and not too cold.
- Make sure the **bedroom** is **dark**. If necessary, use a small nightlight.
- **Keep the noise level low**.

Resources:

http://www.huffingtonpost.com/dennis-rosen-md/tv-and-kids_b_2432317.html

<http://health.usnews.com/usnews/health/healthday/080225/tv-could-be-disrupting-your-kids-sleep.html>