### Box 13.5  
**TIPS FOR A GOOD NIGHT’S SLEEP**

**Children**
- Establish a bedtime routine that is quiet and peaceful, such as reading a book or singing a bedtime song.
- Maintain a regular daily bedtime and awakening time.
- Keep sleep area quiet.
- Remove TV or other electronic devices that might be a distraction to sleep.
- Avoid heavy snacks or caffeinated beverages such as cola in the late afternoon or evening.

**Adolescents**
- Maintain regular sleep and awakening time even on weekends.
- Avoid chocolate, caffeinated, or energy drinks in the late afternoon or evening.
- Exercise and eat several hours before bedtime.
- Keep sleep area cool and quiet.
- Limit computer and TV screen time, especially at bedtime to encourage normal sleep patterns.
- If a nap is needed, keep it short and avoid late-afternoon or evening naps, which might interfere with the regular sleep time.

*Source: Adapted from National Sleep Foundation (2006) and Bowden and Greenberg (2010).*