



## Mindsoother Therapy Center

Livingston, NJ

danna@mindsoother.com

973-220-1885

# SLEEP AND EXERCISE

All children need plenty of sleep & exercise each day. Make sure that your children don't let media and technology get in the way of their usual sleep and exercise routines. Especially at night, keep media usage to a minimum so they can fall asleep more easily.

We will get enough sleep & exercise by doing the following:

- ✓ Turn off the TV or mobile device one hour before bedtime
  - The blue light from the TV or mobile screen can interfere with sleep
  - Vibrating & audio alerts can wake children & teens from sleep
  - Children & teens may wake up to use devices in the middle of the night or early in the morning
- ✓ Get 8-10 hours of sleep
- ✓ Exercise
  - All kids (and adults, too!) need at least 1 hour of exercise each day

