LIVING ROOM

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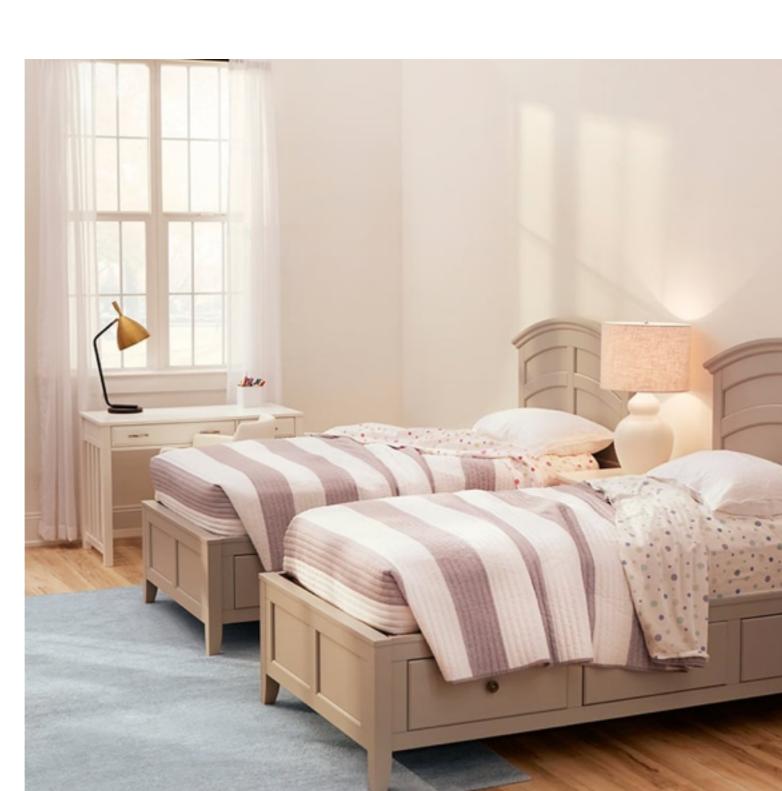
# Your Back-to-School Sleep Guide



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Don't sleep on this! Your Back-to-School Sleep Guide

Did you know that children and teens need 9-12 hours of sleep? Getting adequate rest is key for your kids to start the day refreshed and ready to learn. Implement these habits for a healthy and happy start to the school year.

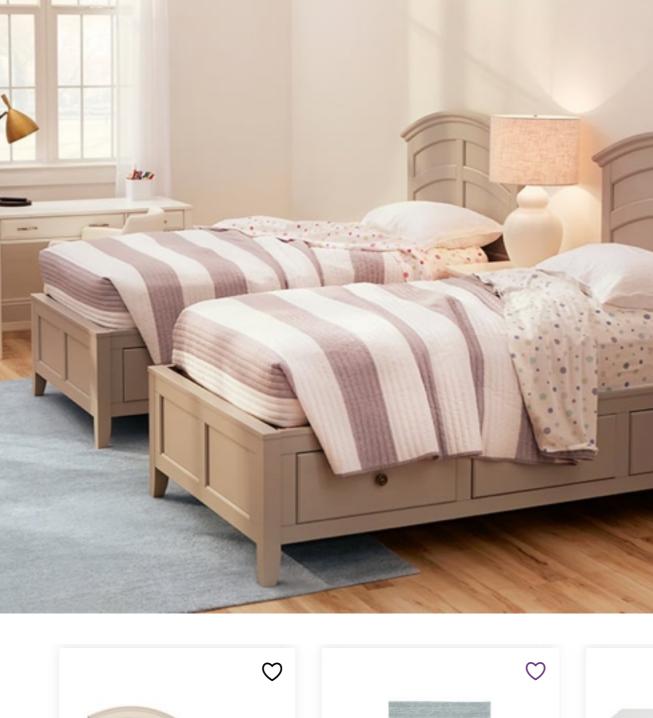


## Begin in the bedroom

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If your child's mattress or pillow is lumpy or losing its shape, it's time for an upgrade. Once the bed is refreshed, start to gently transition your kids to a new sleep schedule. Have them go to bed and wake up 15 minutes earlier a few weeks before school starts.



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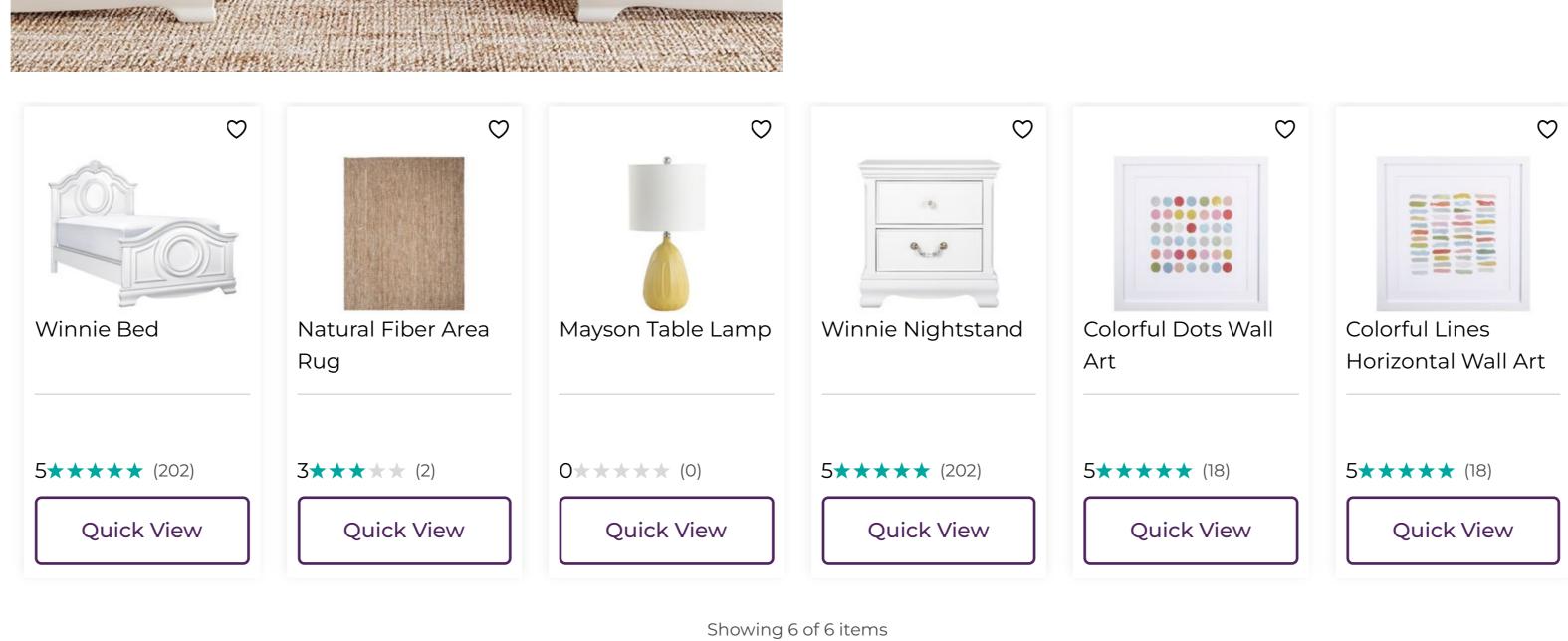


### free space A room temperature between 68-72 degrees is ideal. Falling asleep to a

fan, white noise machine or soothing music can also be beneficial. What

Create a quiet, cool, comfortable, and clutter-

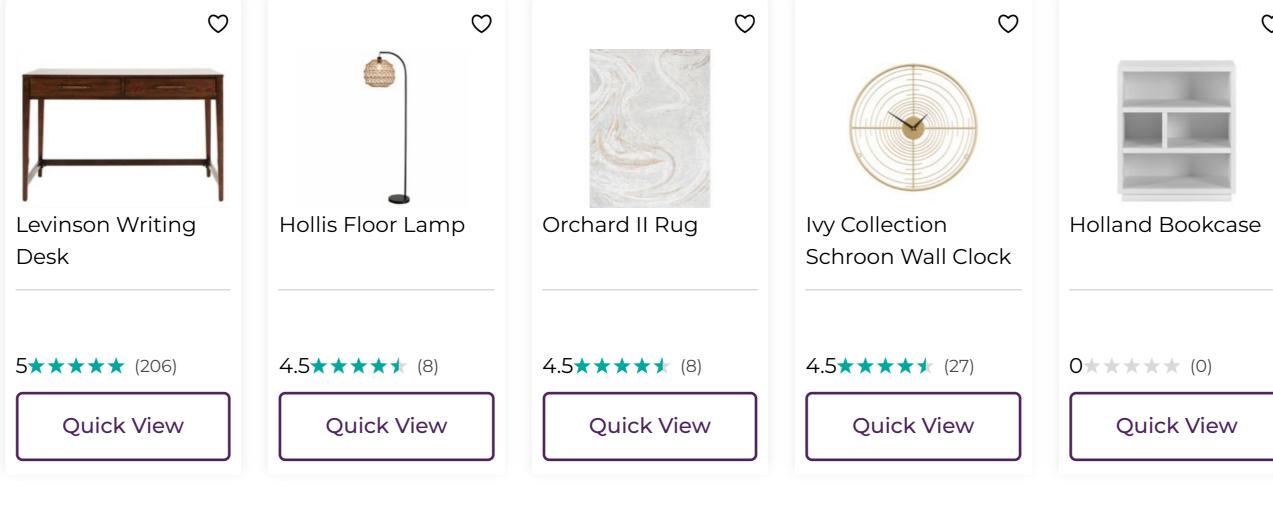
surrounds us really does influence how fast and soundly we sleep. Do a clean sweep and organize that bedroom with ottomans, storage benches, and other space savers.





#### A Dedicated Study Area = Better Sleep The bed should be reserved for sweet dreams only. Studies show that

studying or snacking in bed can interfere with healthy sleep patterns. Encourage your student to sit at a desk or table to do homework. Limit big meals, caffeine and even exercise too close to bedtime too.

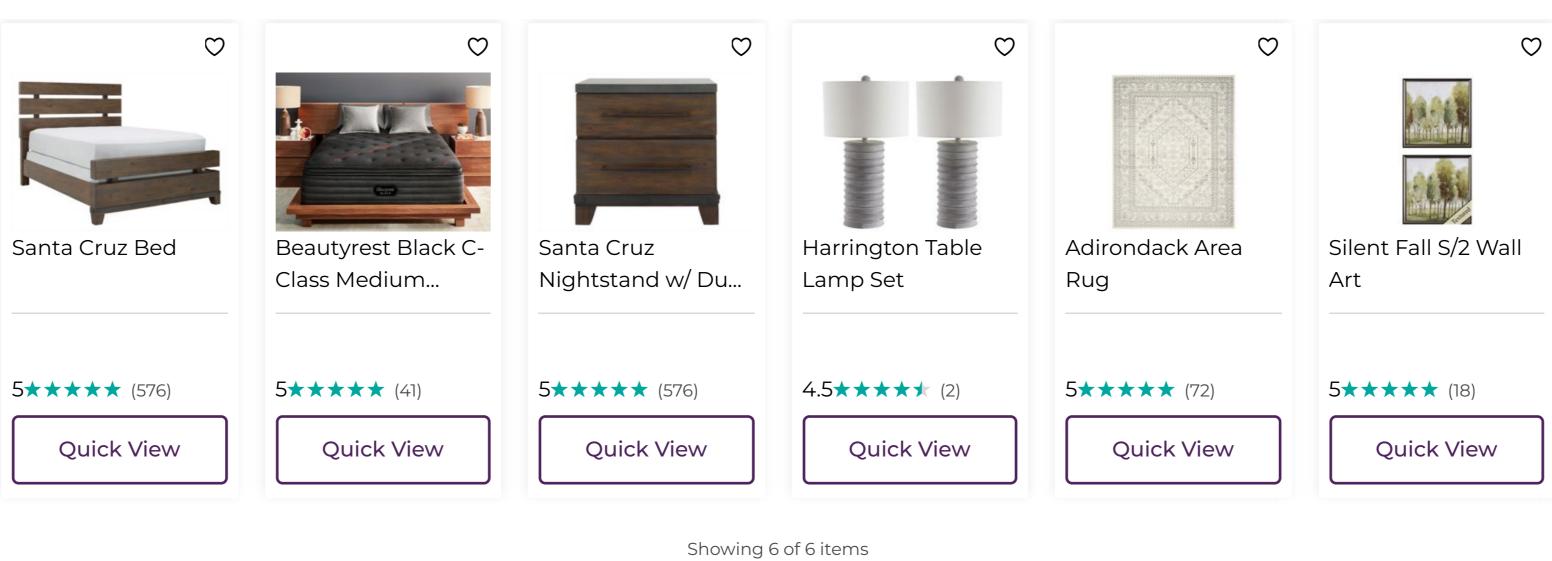


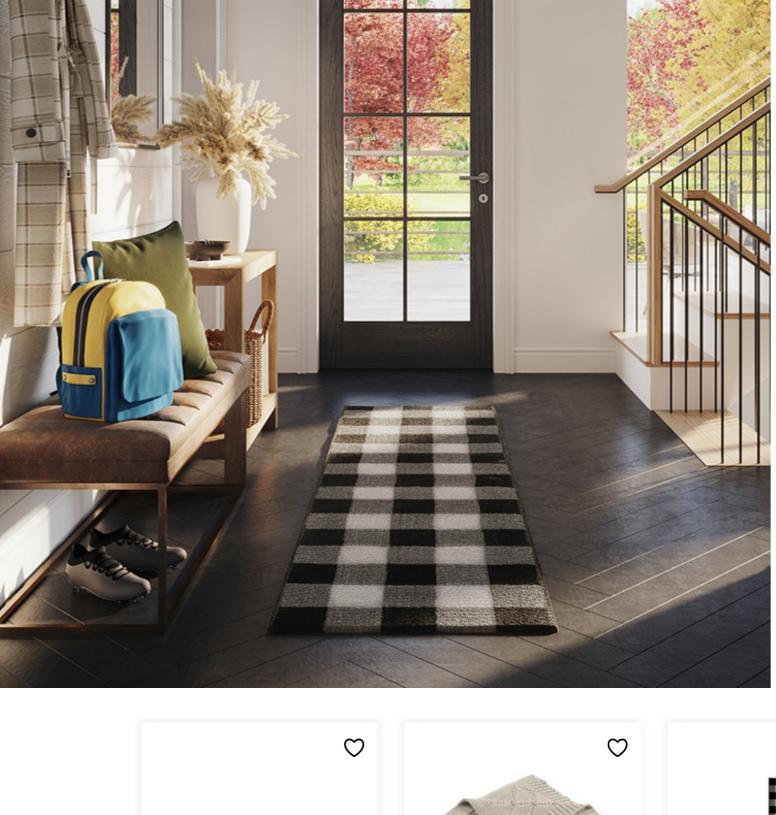
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#### Set up a nightly routine Great sleep starts with consistency. You don't have to ban your kid's favorite shows or electronics entirely. Moderation is key! Have them wind

down, take a shower/bath, read a book and power down an hour or two before bed.



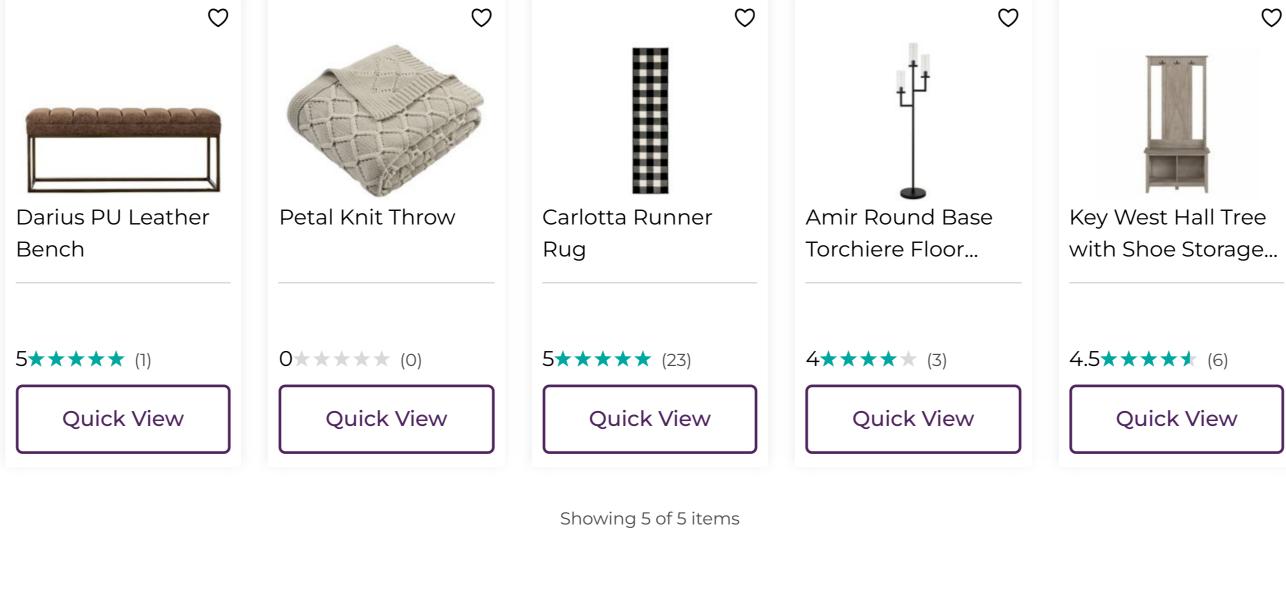


## before. Keep backpacks, shoes and lunches waiting by the door so kids can just get up and go.

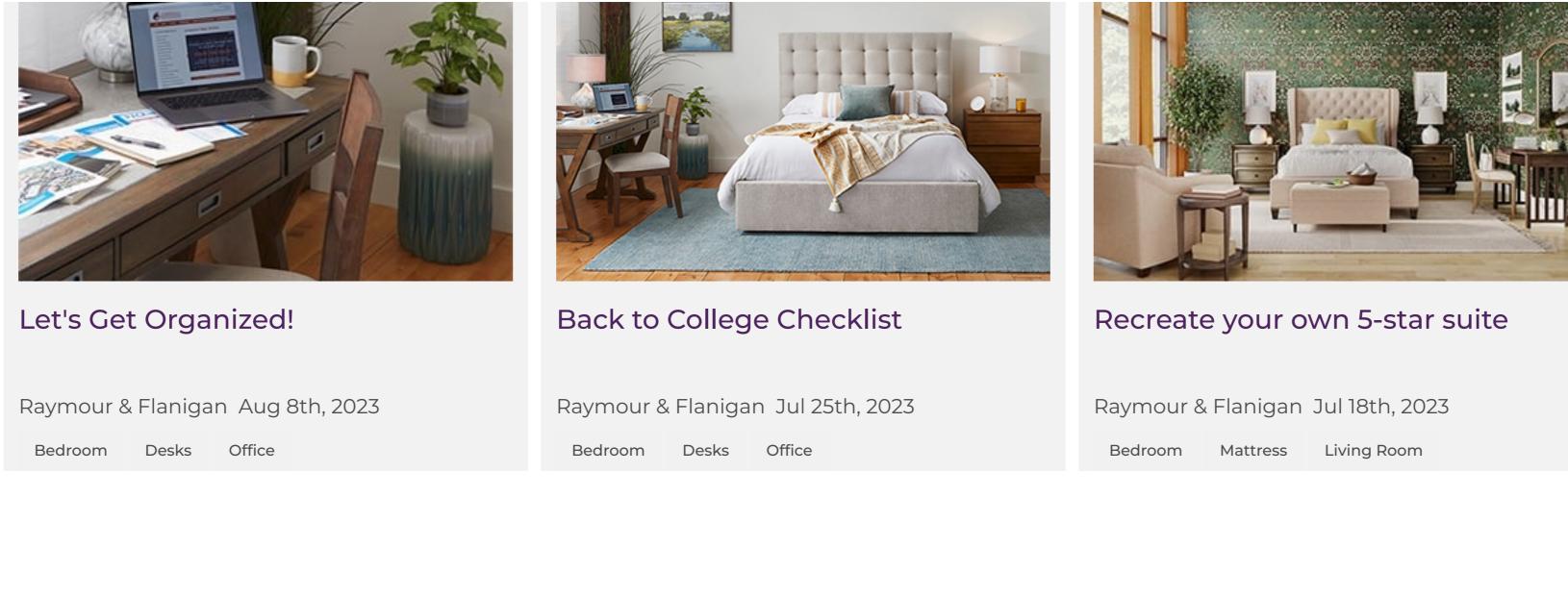
Rise & Shine

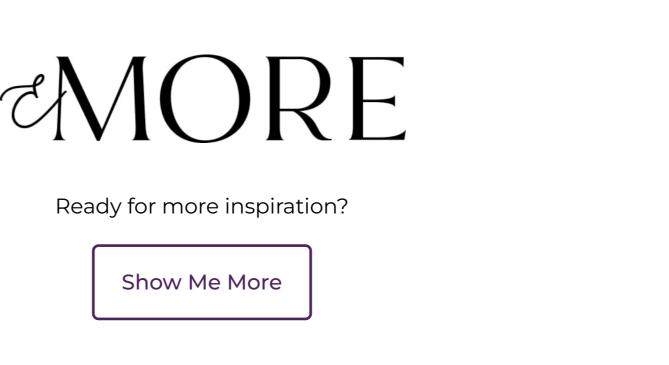
A morning routine is just as important as an evening one. Get them up

on the right side of the bed by choosing the next day's outfit the night



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