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3 TIPS

TO HELP YOUR CHILD CATCH MORE ZZZS

01 HAVE AN EARLIER DINNER

Finish eating at least 2 to 3
hours before bedtime for
better digestion and sleep.



02 FOLLOW A BEDTIME ROUTINE

Help them stick to the same
bedtime and wake-up time every day,
including weekends and holidays.

03 CREATE A CALM BEDTIME ENVIRONMENT

Dim the room, leave the door
slightly ajar, and check on your
child briefly and regularly.



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