

# Better Sleep, Healthier Me!

**PARENT TIP:** Get enough sleep daily and build a consistent bedtime routine for you and your child to wind down before bedtime.



## Sleep duration recommendations:

3-5 years old

10-13 hours



6-13 years old

9-11 hours

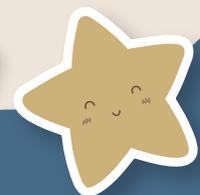


Source: National Sleep Foundation

## ACTIVITY

What time does your child need to sleep in order to meet the recommended hours of sleep every night? Follow the instructions below to discover your child's ideal bedtime.

1. Using the clock on the left, colour the circle that shows the time your child needs to wake up.
2. Count backwards the number of hours of sleep needed according to your child's age and colour the sections in between.
3. The time after counting backwards is your child's ideal bedtime! Don't forget to wind down 1 hour before bedtime.





**ACTIVITY**



Let's create a bedtime routine together! Cut and paste the bedtime activities below or create your own by filling up the blank boxes. Remember to fill up the time for each activity too!

Most importantly, be your child's role model by putting away your phone and switching off the TV before bed. Nothing helps them learn better than by following what you do!



Activity

Time \_\_\_\_\_



**Scan here to download more activity sheets!**  
<https://go.gov.sg/first-influencer-act7>



**Scan here to submit your feedback!**  
<https://go.gov.sg/first-influencer-fbf-7>