
WONDEROPOLIS INQUIRY PROJECT

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How Much Sleep Should Kids Be Getting?

Have you ever wondered...

- How much sleep should kids be getting?
- What are some reason kids are not getting enough sleep?
- What should kids do to get a good night's rest?

Did you know?

Have you ever wondered how much sleep your child should be getting. According to Health and Parenting your child's sleep depends on his or her age. Infants should get as many as 16 hours of sleep a day. Toddlers should get between 10-14 hours per day. Children need between 10-11 hours and teenagers require 8 to 9 hours of sleep daily.

Kids are not getting enough sleep from watching tv all night. Plus there's more than just that. It's the kids network to. Kids stay up watching shows like Spongebob square and Scooby-doo. The violence on tv is keeping kids up at night too. Other stuff like playing with cell phones all night or eating sugar and candy can be a problem. Drinking caffeine can keep kids from getting a good nights sleep.

If you want your child to get a good night's sleep you may want to follow these tips. The first step is don't let your child go to bed hungry. Give them a small snack before they go to bed. The second step is not to eat high fat meals late in the day. Also avoid garlic flavored and highly spicy foods. These foods can make you uncomfortable or cause heartburn. The third step is avoid alcohol and caffeine. These can both interfere with sleep. The final step is to not drink too much before you go to bed. Waking up to go to the bathroom can disrupt your sleep. Following these step will help you sleep better.

Don't forget that kids should be getting the right amount of sleep a day every day.

Wonder words to know and use:

- sleeping
- energy
- sugar
- caffeine
- television
- cell phones
- violence
- eating
- energy
- spicy
- fatty foods
- heartburn
- alcohol
- disrupt