

5 Sleep Tips for Children

from Pediatrician and Mom
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1



Daily Exercise

Daily exercise will tire kids out and help them fall asleep faster.

2



Bedtime Routine

Keep the same bedtime routine each night and keep it to 45 min or less, so they know what to expect and won't keep asking for more.

3



Screen Free

End screen time 60 min before bed and don't bring electronics into the bedroom at night.

4



Ideal Environment

Keep bedrooms cool, dark and quiet to make it easier to sleep through the night.

5



Natrol Kids Melatonin

Try a melatonin supplement if your child needs a little extra help getting to sleep.†

† Disclaimer- These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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