



RDU THERAPY
For the Whole Family

Sleep Matters for Kids & Teens

by Melanie McCabe, PhD, RDU Therapy Founder

Created by RDU Therapy to support child & adolescent practitioners in starting healthy sleep conversations with families.

Why Sleep Counts

- Restores body and brain for the next day
- Boosts mood, memory, and learning
- Helps kids regulate emotions and behavior
- Supports physical health and healing

What Happens Without Enough Sleep

- Even **30 minutes less** can affect mood, focus, and friendships
- More headaches, stomachaches, and problem behaviors
- Ongoing sleep loss raises risk for:
 - Depression and anxiety
 - Behavioral struggles
 - Poor school and sports performance
 - Long-term health problems (weight, immunity, brain development)

Tips for Kids & Teens

- Go to bed and wake up at the **same time every day** (even weekends).
- **Unplug:** turn off phones, tablets, and games 1 hour before bed.
- Keep your bedroom **dark, cool, and quiet.**
- Use your bed for **sleep, not homework or screens.**
- Get **outside in the morning and evening** for fresh air and natural light.
- Move your body every day — exercise helps you sleep better.
- Have a light, healthy snack if hungry, but avoid heavy meals late at night.

How Parents Can Help

- Stick to **consistent bed and wake times** (7 days a week)
- Make **quiet hours** 1 hour before bed (no screens, bright lights, or heavy topics)
- Keep devices in **common spaces**, not bedrooms
- Encourage outdoor time, daily exercise, and balanced meals
- Model healthy sleep habits yourself
- Talk to your pediatrician if sleep struggles continue

American Academy of Pediatrics (AAP) recommended sleep times by age:

- Ages 4-12 months: 12-16 hours (including naps)
- Ages 1-2 years: 11-14 hours (including naps)
- Ages 3-5 years: 10-13 hours (including naps)
- Age 6-12 years: 9-12 hours
- Age 13-18 years: 8-10 hours

Your pediatrician recommends your child get between ____ and ____ hours of sleep every night.

“Healthy sleep today = better learning, stronger friendships, and brighter futures.”



For workshops, consults, or family therapy focused on healthy routines, contact RDU Therapy at:
www.rduthera.py.com , Intake@rduthera.py.com
Call/ Text: 919-285-1657