Most kids need 10 to 11 hours of sleep each night to help them do their best at school.

**DO**

- Go to bed around the same time every night.
- Follow a calm bedtime routine, like taking a bath or reading a book.
- Get comfy – not too hot or too cold.

**DON’T**

- Watch TV, play video games, or use a phone, tablet, or computer right before bedtime.
- Play loud music or watch a scary movie.
- Sleep with your dog, cat, or goldfish.
- Drink soda, iced tea, or other drinks with caffeine.
- Sprinkle sugar on your head to have sweet dreams!