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## **Reset your child's sleep schedule for back-to-school**

It's that time of the year again. The school supplies are out at the stores, and students will be heading back to school soon. It's essential to ensure that your child gets the right amount of sleep to help them perform better academically, physically, and mentally. Sleep is one of the three pillars of a healthy lifestyle, along with nutrition and exercise. Here are some tips and tricks to help you establish a back-to-school sleep schedule for your child.

- Start early - Experts recommend starting the transition to a school sleep schedule at least two weeks before the first day of school. Gradually transitioning sleep schedules helps your child's body adjust gradually, making the transition smoother.
- Establish a bedtime – Select a bedtime for your child based on their age and what time they need to wake up to get to school on time each day.
- Stick to the schedule - Once you've established a sleep schedule, it's important to stick to it year-round. Consistency is key in helping your child's body adjust to a regular sleep schedule.
- Plan for wind-down time - Create a wind-down routine for your child before bedtime. Winding down may include reading a book, taking a warm bath, or listening to calming music. Avoid electronics, as the blue light emitted by screens can interfere with sleep.
- Keep them active - Encourage physical activity during the day, which can help promote better sleep at night.
- Be patient - Establishing a sleep schedule takes time and patience. Remain consistent and persistent, even if your child initially protests or struggles to fall asleep.

Establishing a back-to-school sleep schedule is essential for your child's health, well-being, and academic performance. Remember, consistency is key, and with patience and persistence, you can help your child establish a sleep schedule that works for them.

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