

## Sleep Screening Letter to Parents and Caregivers

Dear Parent / Caregiver:

Restful, restorative sleep is important for your child's physical and emotional health as well as for success during the school year. Please take a minute to complete the enclosed BEARS sleep screening questionnaire. Alternatively, you can complete the questionnaire online on the MCPSS web site. **You only need to answer questions in the column that corresponds to your child's age** (for example: if your child is 8 years old, complete the column of questions for children age 6-12).

**If you answered "Yes" to any questions, or if you feel your child does not get enough sleep, please contact your child's primary care provider to discuss your child's sleep problems and sleep habits.**

Here are a few sleep tips:

1. School age children need an average of 9-11 hours of sleep at night (10-13 hours for a 5- year - old)
2. Teenagers need an average of 8-10 hours of sleep at night
3. Assure your child has a good bedtime routine
4. Assure a consistent sleep/wake schedule – even on weekends
5. Avoid caffeine in the late afternoon and early evening
6. Turn off all electronics at least an hour before bedtime