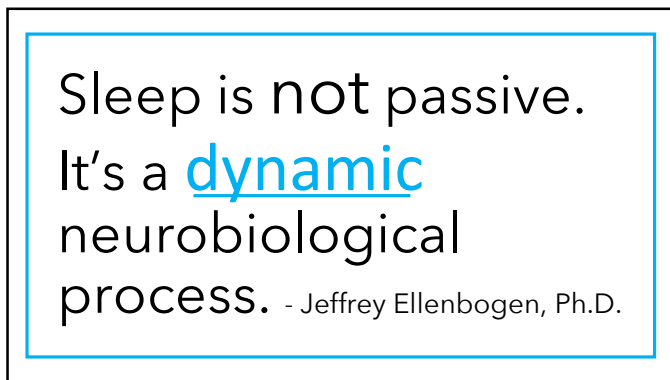


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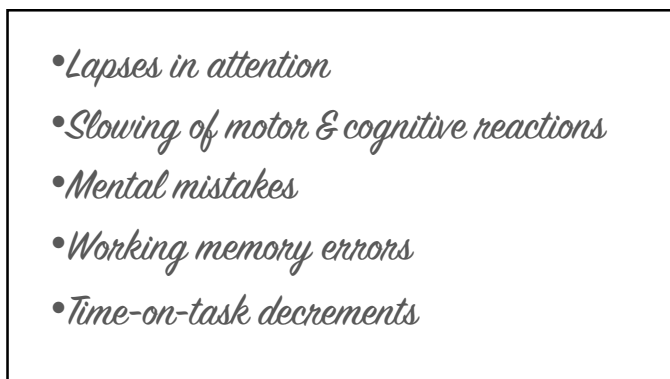
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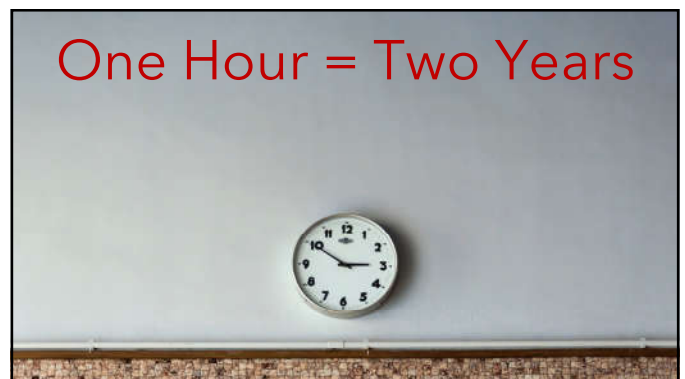
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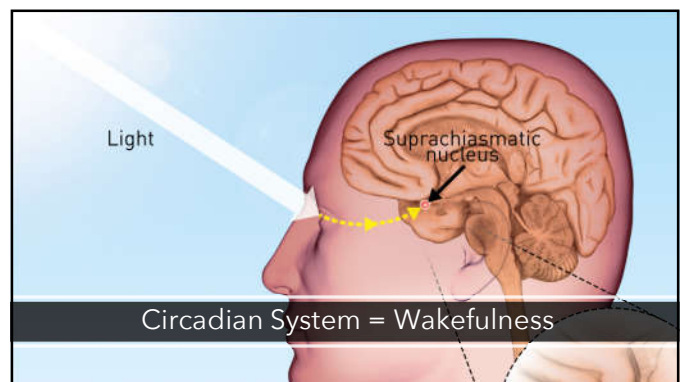
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11



12

So, how
much sleep
does she
need?



13



4 - 12 months: 12 - 16 hours

14



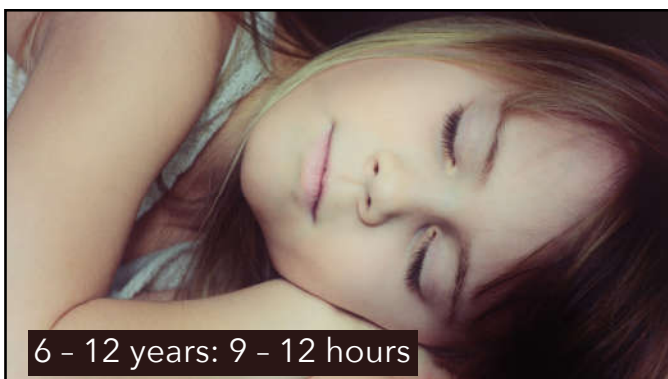
1 - 2 years: 11 - 14 hours

15



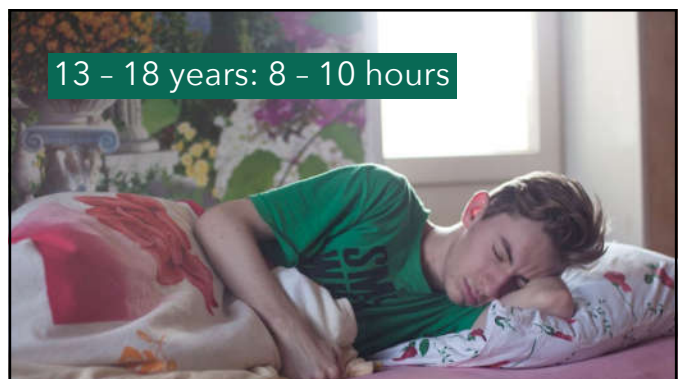
3 - 5 years: 10 - 13 hours

16



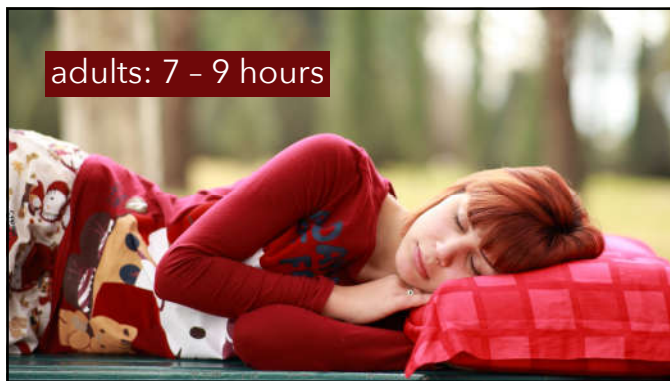
6 - 12 years: 9 - 12 hours

17



13 - 18 years: 8 - 10 hours

18



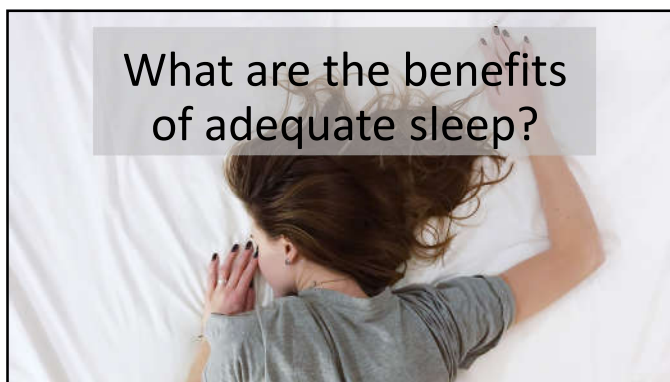
19

5 STAGES OF SLEEP

STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5
Light sleep: Drifting into sleep, muscle activity slows, person easily wakes, hypnic jerk occurs most often.	Deeper sleep: Moving more into sleeping state, brainwaves slow, breathing and heartbeat become regular.	Deep sleep: Slowest brainwaves and breathing occur; body restores tissues, muscles, and energy stores.	Deep sleep (cont.): Muscles relax; growth hormones are released; bed wetting, sleep walking, and night terrors can occur.	REM sleep: Brainwaves most resemble those when awake; eyes move quickly, dreams occur, body is completely immobile; provides energy and improves daily performance.

Sources: The Sleep Foundation, webmd.com.

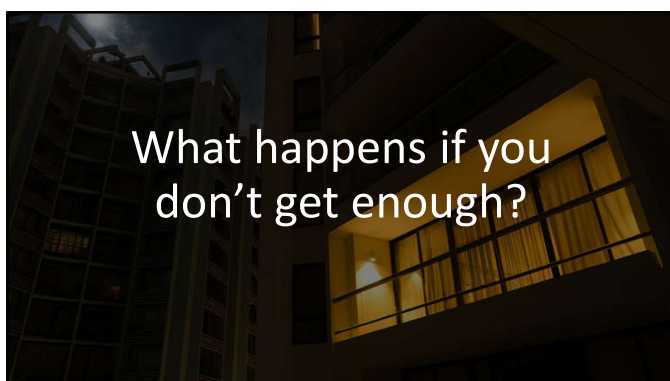
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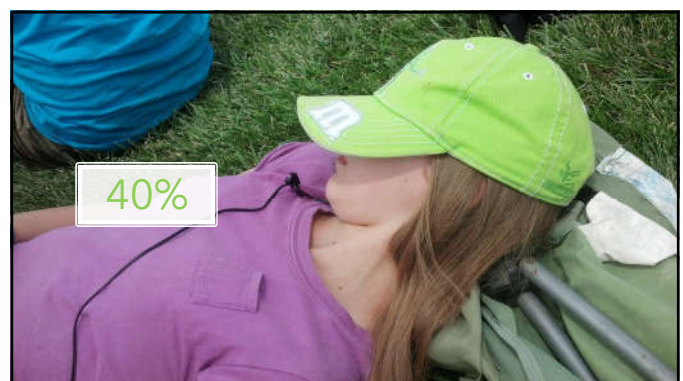
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23



24

25



Impulsive
Alcohol & Drug Use

26

I WISH I COULD SLEEP BUT MY STUPID ADHD KICKS IN AND WELL BASICALLY, ONE SHEEP, TWO SHEEP, COW, TURTLE, DUCK, OLD MCDONALD HAD A FARM, HEEEEY MACARENA!

27



28



29



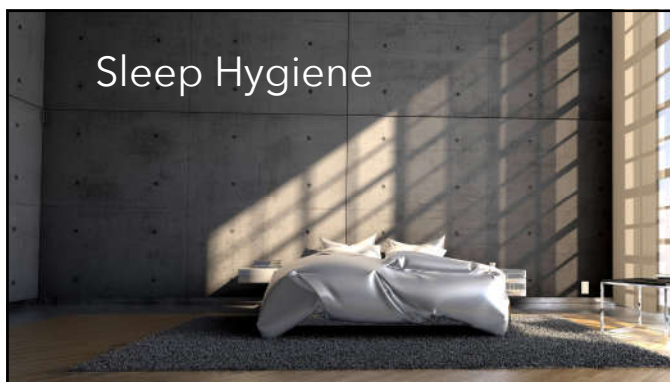
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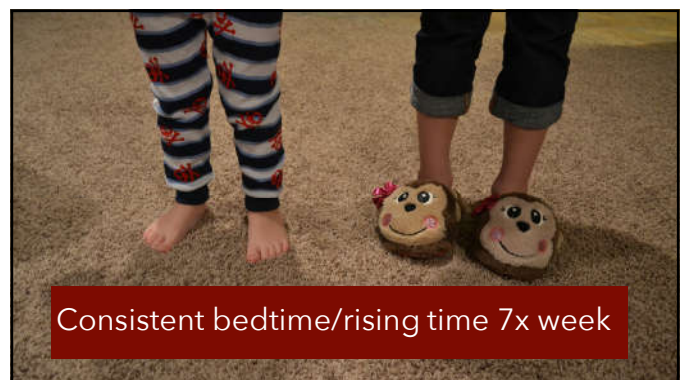
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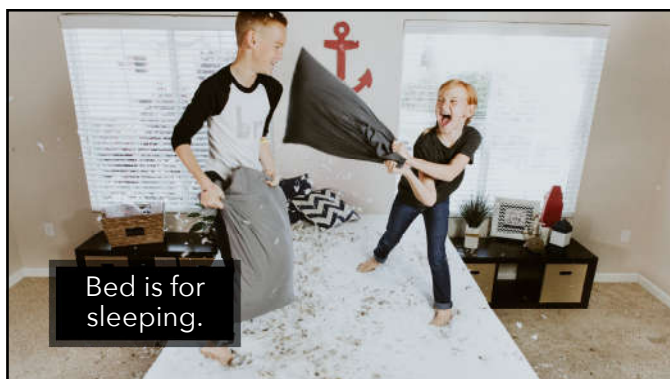
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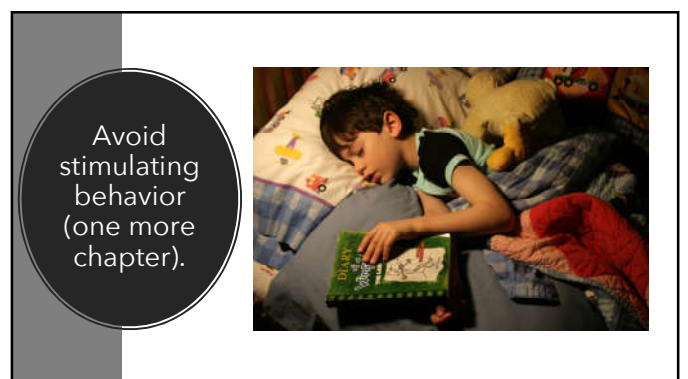
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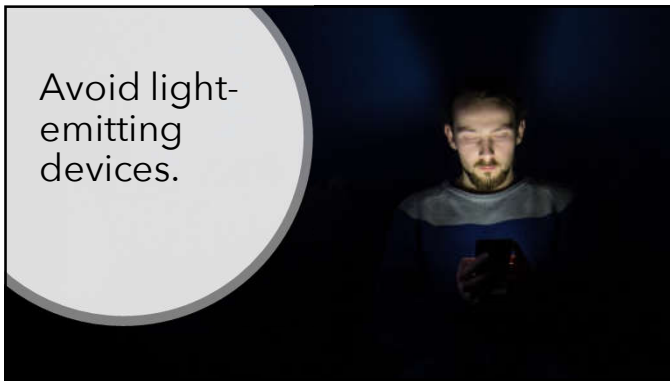
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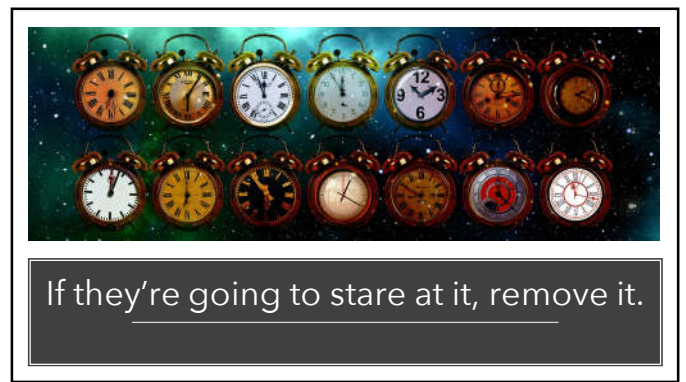
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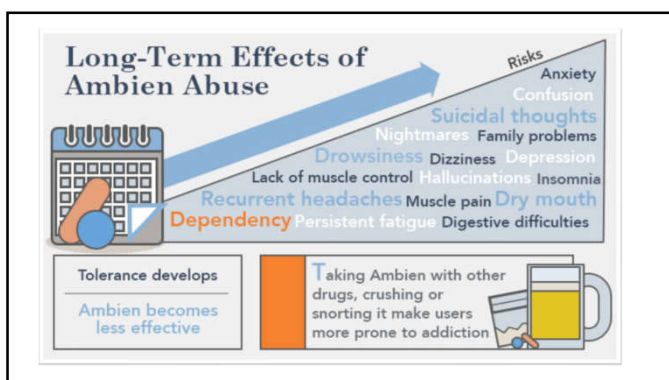
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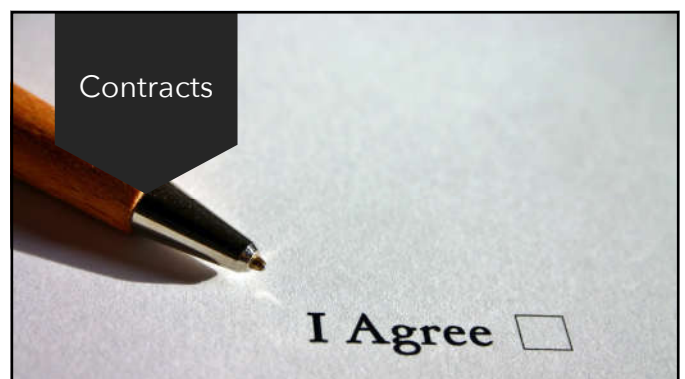
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46



47



48

Elementary

- No TV or electronics after 6:30 p.m.
- At 7:30 p.m, brush your teeth and put your pajamas on.
- Once you're in bed, we can read stories until 8 p.m.
- On weekends and school vacations, you can stay up an extra 30 minutes.
- Stay in bed until 6:30 a.m. each morning.

49

Tweens

- All electronics need to be turned off by 8 p.m. Leave your laptop and cell phone on the dining room table each night.
- Start getting ready for bed at 8:30 p.m. You can read until 9 p.m.
- Lights out at 9 p.m.
- You may stay up until 9:30 p.m. on weekends and school vacations.
- Set your own alarm each night and you'll be given one warning to get yourself out of bed for school.
- If you need more than one warning to get out of bed, your bedtime that night will be 30 minutes earlier.

50

Teens

- All electronics need to be shut off by 8:30 p.m. All electronics will be left on the kitchen table each night.
- Be in your room by 9:30 p.m.
- You can set your own bedtime as long as you are able to get yourself up and out of bed on your own in time for school.
- On non-school days you need to be up by 9 a.m.

51

Tips For Falling Asleep (or back to sleep)



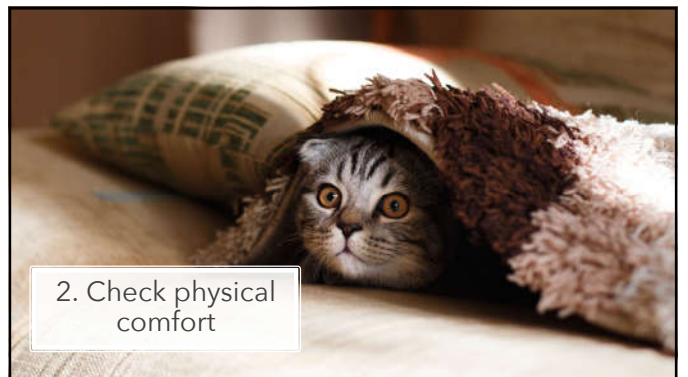
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1. Note any concerns

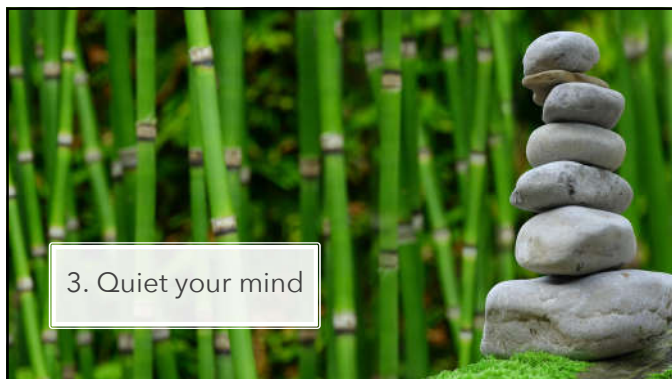


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2. Check physical comfort



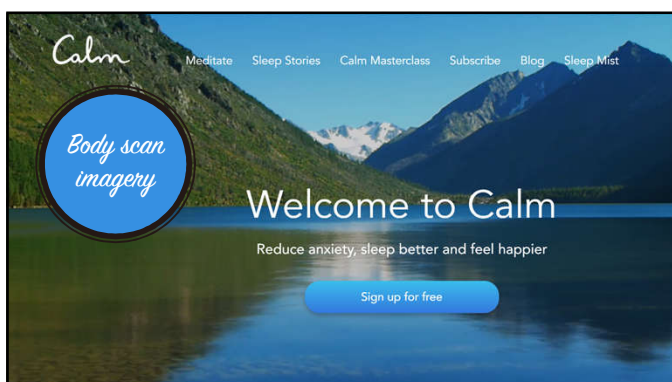
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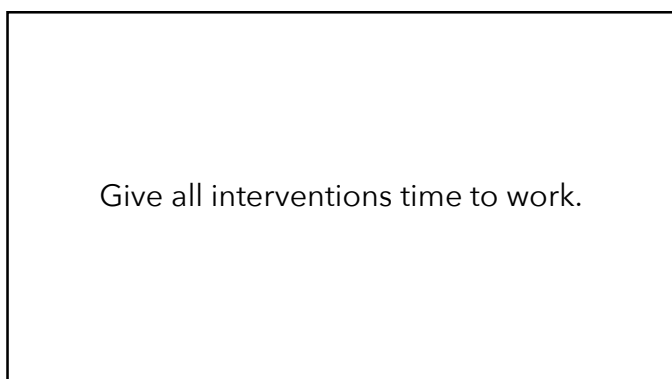
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57



58



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61



Be like
this koala.

62