

# Safe kids Healthy kids Happy kids



## Moms Need More Sleep

Most adults need at least 7 – 8 hours of sleep everyday. A survey of 500 moms found that

54% of moms failed to get enough sleep. Mothers who worked full-time suffered the most. Half of the moms who worked outside the home said they got 6 or less hours of sleep a night. Even 48% of stay-at-home moms felt like they did not get the sleep they needed.

Over half of the mothers said they would be happier and better parents if they got more sleep. Getting to sleep seemed to be a problem. Even if the mothers got to bed at a reasonable time, they had trouble falling asleep. Many worried about what they had to do the next day. Some were stressed about family finances. Others were anxious about family issues.

People who often have trouble sleeping may suffer from insomnia. Insomnia is the body's way of saying something is not right. Stress, pain, depression, and anxiety can affect sleep. Caffeine and certain medications may cause the problem.

Raising children requires emotional *and* physical energy. Parents who are rested are better able to handle the daily rigors of family life.

### If you have trouble falling asleep:

- Avoid drinks with caffeine and alcohol late in the afternoon and evening.
- Keep your bedroom cool, quiet and dark.
- Use “white noise” like a fan.
- Keep as regular a schedule as possible. You must, however, adapt your routine to your infant's needs.
- Drink warm milk or eat toast with peanut butter at bedtime.
- Spend some quiet time before getting into bed. Take a warm bath. Meditate. Read a book.
- Start a bedtime ritual. Do the same thing every night before going to bed.
- Exercise early in the day, not before going to bed.
- Stop smoking. Nicotine is a stimulant.
- Make a “to do” list each evening. This may keep you from worrying.
- Talk to your doctor. Review your medications. Tell your doctor about any over-the-counter products that you take.
- Seek help from a mental health professional.

*Brought to you by Parent Help Line and St. John's Children's Hospital*



Call the Parent Help Line. Help is just a phone call away.  
1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week  
[www.parenthelpline.org](http://www.parenthelpline.org)

