

Mayo Clinic Minute

How much sleep to kids need?

Video	Audio
	It's one of the most important keys to their success, but as kids are heading back to school, too many of them aren't getting enough sleep.
	Mayo Clinic's Dr. Suresh Kotagal says younger kids should be getting at least eight to nine hours of sleep every night...while teenagers can get by on seven-and-a-half to eight-and-a-half.
SURESH KOTAGAL, M.D. PEDIATRIC NEUROLOGY Mayo Clinic	"That would be the ideal for ensuring optimum level of alertness during the day."
	Getting exercise every day also is important for a child's alertness and sleep quality.
	And while Dr. Kotagal says it's probably ok for kids to be a bit lax about their sleeping habits during the summer, they should start a gradual shift back to a normal sleep schedule about two to three weeks before school starts.
	That gradual shift should focus on wakeup time.
	"If we have a fixed morning wakeup time, the bedtime itself will take care of itself. So, I think just having a fixed morning wakeup time seven days a week is a good idea."
	That means even on the weekends, kids shouldn't sleep in too late.
	For the Mayo Clinic News Network, I'm Ian Roth.