

**Mayo Clinic Minute: 3 tips for kids to get better sleep**

VIDEO	AUDIO
	The right amount of sleep for your kids is important.
	Mayo Clinic pediatric neurologist and sleep specialist Dr. Suresh Kotagal says, on average, kids in their early school years need nine to 9½ hours of good sleep. By the time they're teenagers, they need just seven to eight.
	And if they don't get enough sleep at night?
<p><b>Suresh Kotagal, M.D.</b>  <b>Pediatric Neurology/Sleep Medicine</b>  <b>Mayo Clinic</b></p>	<p>"One of the things that happens is stress hormones/steroids go up in the body ... What do they cause? Weight gain."</p>
	Dr. Kotagal has three easy tips for kids to get a good night's sleep.
<p><b>Dr. Kotagal</b></p>	<p>"I think it's, first, important to have a relatively fixed morning wake-up time."</p>
	If teens have to wake up by 6 or 6:30 in the morning on school days, don't let them sleep in late until noon on weekends.
<p><b>Dr. Kotagal</b></p>	<p>"No. 2: Children should avoid napping in the day."</p>
	When kids, especially teens, nap during the day, they're borrowing from night sleep and may experience difficulty staying asleep at night.
<p><b>Dr. Kotagal</b></p>	<p>"No. 3: Exercise. Exercise is an amazing tonic for sleep."</p>
	It improves daytime cardiovascular function, raises body temperature and improves the sense of well-being that children need.
	For the Mayo Clinic News Network, I'm Jason Howland.