Comprehensive Sleep Medicine Associates
CSMA

Summer Sleep Routine Checklist for Parents

Help your child stay well-rested, healthy, and ready for the school year—even during summer!

DAILY ROUTINE

- ◯ Set a consistent bedtime and wake-up time (within 30–60 minutes of school-year routine)
- ◯ Stick to the same sleep schedule on weekends
- ◯ Avoid late-night screen time and overstimulating activities

BEDTIME WIND-DOWN

- ◯ Start a calming bedtime routine (bath, story, soft music)
- ◯ Dim the lights 30–60 minutes before bed
- ◯ Turn off all screens at least 1 hour before lights-out
- ◯ Use a white noise machine or fan for a soothing sleep environment

SLEEP ENVIRONMENT

- ◯ Keep the bedroom cool, dark, and quiet
- ◯ Make sure the bed is free from toys, clutter, or distractions
- ◯ Encourage your child to sleep with their mouth closed (nasal breathing!)

DAYTIME HABITS

- ◯ Limit sugar and caffeine—especially in the afternoon and evening
- ◯ Ensure plenty of outdoor play and physical activity
- ◯ Keep naps short and early in the day
- ◯ Eat dinner at least 2–3 hours before bedtime

BACK-TO-SCHOOL SLEEP PREP

- ◯ Start adjusting the sleep schedule 2–3 weeks before school starts
- ◯ Gradually move bedtime earlier by 15 minutes every few nights
- ◯ Wake your child up a little earlier each day to reset their internal clock

💡PRO TIP FROM CSMA

If your child snores, struggles to stay asleep, or still seems tired during the day, it may be time for a sleep evaluation.

👉 Visit csma.clinic to schedule a consultation with our pediatric sleep specialists.