

BACK TO SCHOOL – BEDTIME
DR. DOMINIC LUCIA, PEDIATRICS, BAYLOR SCOTT & WHITE HEALTH

{**ON CAM**}

IF YOU HAVEN'T ALREADY, NOW IS THE TIME TO HELP YOUR CHILD RETURN TO HEALTHY SLEEP HABITS FOR THE NEW SCHOOL YEAR.

{**TAKE VO**}

TRT:

DOCTOR DOMINIC LUCIA (LU-CHEE-UH) AT BAYLOR SCOTT & WHITE MCLANE CHILDREN'S MEDICAL CENTER RECOMMENDS GRADUALLY MOVING TO AN EARLIER BEDTIME WITH SCHOOL IN SESSION. AND JUST LIKE FOR ADULTS, HE SAYS SCREEN TIME CLOSE TO BEDTIME CAN HAVE A NEGATIVE IMPACT ON SLEEP ... SO START LIMITING EVENING USE OF DEVICES.

{**TAKE SOT**}

DR. DOMINIC LUCIA
BAYLOR SCOTT & WHITE

TRT: 16

"Not only is it about that schedule, but we've also got to remove those temptations; those things are designed to keep our attention, to keep us awake, to keep part of our brains engaged from sleep. Obviously, that's the phones, that's video games, that's TV."

{**ON CAM**}

HE ALSO SAYS MANY PARENTS UNDERESTIMATE HOW MUCH SLEEP CHILDREN NEED. WHILE IT VARIES BASED ON DEVELOPMENT, DR. LUCIA SAYS IT CAN RANGE FROM EIGHT TO TWELVE HOURS A NIGHT.