

Sleep Hygiene Scorecard for Kids

A kid-friendly self-assessment to build sleep awareness and ownership

This scorecard is designed for kids ages 6–12 to fill out themselves (with a parent nearby for younger kids). The goal: help them see the connection between what they do during the day and how well they sleep at night. Go through it weekly and watch the score improve as habits change.

NAME

DATE

___/___/_____

AASM Recommended Sleep by Age

AGE	RECOMMENDED SLEEP	THAT MEANS BEDTIME BY...
6–8 years	9–12 hours	7:00–8:00 PM (if wake is 6:30–7 AM)
9–11 years	9–11 hours	7:30–8:30 PM (if wake is 6:30–7 AM)
12–13 years	9–11 hours	8:00–9:00 PM (if wake is 6:30–7 AM)

My Bedtime Routine (0–5 points)

Score: ___ / 5

I go to bed at the same time every night (even weekends within 30 min)

I have a calm routine before bed (reading, stretching, or quiet activity)

I brush my teeth and get ready for bed without being asked more than once

I stay in my bed after lights out (no getting up for 'one more thing')

I fall asleep without needing a parent to lie with me or stay in the room

My Screen Habits (0–5 points)

Score: ___ / 5

I stop using screens (TV, tablet, phone, computer) at least 1 hour before bed

I don't have a TV or tablet in my bedroom

I don't use my phone or tablet after lights out

I don't watch scary or exciting shows right before bed

I don't play video games in the last 2 hours before bed

My Daytime Habits (0-5 points)

Score: ___ / 5

- I play outside or exercise for at least 30-60 minutes every day
- I don't have caffeinated drinks (soda, energy drinks, iced tea) after lunch
- I eat dinner at least 2 hours before bedtime (no heavy snacks right before bed)
- I get some sunlight in the morning (even just walking to school counts)
- I don't take long naps after school (or if I do, they're before 3 PM and under 30 min)

My Sleep Space (0-5 points)

Score: ___ / 5

- My room is really dark at night (I can't see my hand in front of my face)
- My room is cool and comfortable (not too hot)
- My bed is for sleeping only (not for homework, gaming, or hanging out)
- I have a white noise machine or fan for background sound
- My room is reasonably clean and calm (not a disaster zone of stuff)

My Morning Habits (0-5 points)

Score: ___ / 5

- I wake up at about the same time every morning (even weekends within 1 hour)
- I don't hit snooze more than once
- I feel rested when I wake up (not dragging myself out of bed)
- I get sunlight or bright light within 30 minutes of waking up
- I eat breakfast most mornings

My Total Score

SCORE RANGE	WHAT IT MEANS	WHAT TO DO
22-25	Sleep Champion!	You're doing great. Keep it up and help a friend learn these habits.
17-21	Pretty Good Sleeper	Pick 1-2 things you scored 0 on and work on those this week.
12-16	Room for Improvement	Pick the section with the lowest score. Focus there first.

SCORE RANGE	WHAT IT MEANS	WHAT TO DO
0-11	Sleep Needs Help	Talk to your parents about making a sleep plan together. Start with screens and bedtime.

My #1 sleep goal this week

Take this scorecard every Sunday night. Write your score on the fridge or a chart. Most kids improve 3-5 points in the first two weeks just by being aware of what they're doing. That awareness is the whole point.