

WITH ME IN MIND

Sleep



Top tips for improving your child's sleep

- Encouraging children/young people to get into a regular bed- time routine.
- Doing the same things in the same order an hour or so before bed can help them drift off to sleep.
- Creating a cool environment with low stimuli will also aid sleep
- Removing tablets, phones and any electronic equipment will also provide an atmosphere in which children/ young people will relax and sleep better .
- Encourage your child to read or if possible someone else reading to them in the hour before bedtime can be a good addition to their bedtime routine.
- Check your child's room for noise and light. If the room is too light or pitch black your child may have difficulty sleeping.
- Encourage your child to do some exercise, it would be helpful if they could spend some time outside in the morning as this helps to produce melatonin which aids sleep.
- Help your child/young person to avoid caffeine. Caffeine, found in tea, coffee and some soft drinks and is a stimulant which keeps the brain awake.
- Encourage your child to think of positive things as they are settling down to sleep. Talk about things they are looking forward to or things they have done well. This will help them to feel good about themselves and will promote sleep.