

WITH ME IN MIND

Sleep



Top tips for improving sleep

- Talk to children/young people about the importance of having a good bedtime routine.
- Doing the same things in the same order an hour or so before bed can help children/young people to go to sleep.
- Talking to children and young people about their use of electronic devices can help with sleep hygiene. The light from devices is a stimulant to the brain which can disrupt sleep.
- Reading before bed or having a parent/carer read to them can help children/young people to relax and can be a good addition to a bedtime routine.
- Talk with parent/carers about the environment their child is sleeping in. The room needs to be cool with not too much light or noise. Equally, a room too dark can interrupt sleep.
- Talk to children/young people about the importance of exercise and how this can aid sleep. It would be useful for children/ young people to spend time outside in the morning as this produces melatonin which aids sleep.
- Talk to children /young person to avoid caffeine. Caffeine, found in tea, coffee and some soft drinks is a stimulant which keeps the brain awake.
- Encourage your children/young people to think of positive things as they are settling down the sleep. Using positive imagery can promote good sleep.