



## Bedtime Routine



It is important for every human being to have a good level of sleep hygiene to recovery and function to optimum potential.

At every stage of a child's life sleep is an integral part of all their basic need. However, children need support to help them to self regulate sleep and adopt good sleeping habits.

So how can we support our children to have a good night's sleep.

### Here are some, Sleep Hygiene Tips to support your children no matter what age and stage they are at!

When thinking about bedtime routine, we describe this as a set of activities that happens every night at the same time and in the same order.

Parent/carers should think about how they support their children to start winding down.

1. Start giving children prompts to get ready to turn off devices.
2. Have a warm milky drink low in sugar and with no caffeine.
3. Do some colouring or play with toys which encourages hand/eye co-ordination which helps to calm the mind.
4. Have a bath or a shower, this helps the body to relax.
5. The child's room needs to be a calm environment, dim lights, close curtains, no television/laptops/mobile phone on in the room, make sure the temperature in the room is cool.
6. Older children can listen to music or an audio book for younger children, caregivers can read them a story.
7. Some children may feel restless regardless to what the rooms environment is. Having a weighted blanket can sometimes helps with restlessness.
8. If your child is frightened of the dark use a red based nightlight beside their bed as this will have a calming affect.
9. Some children may like music or white noise this can soothe children to sleep, try each noise out to find the noise or music that suits your child, such as, sound of the sea, rain, birds singing.
10. Use an object that your child finds comforting as this can be a substitute for a parent or carer when your child is settling at night. This can also help your child settle back to sleep if they wake during the night.
11. If your child is used to sleeping in your bed, the first step in helping them to sleep independently would be to make their bedroom an inviting place to be. Then help them settle by lying/sit on the bed near them for a while and gradually moving away.
12. If your child is having regular naps in the day, don't cut this out straight away. Instead reduce the nap by 5 mins each time until nap time is faded out. Try to keep the nap times consistent each day of the week.
13. Children and adults have a better sleep when they do activities such as going for walks and taking in fresh air. Most physical exercises support good sleep hygiene.
14. Sleep diaries can be useful in supporting your children to adopt a healthy sleep pattern [SLEEP diary](#)

