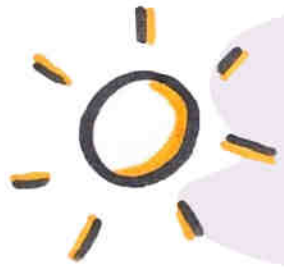


5 TIPS FOR FAMILIES

... to help children get better sleep ...



Light is hugely important to good sleep. In the morning: open the curtains to help your child feel awake. At night where your child sleeps should be comfortable, quiet and dark. This sends sleep signals to your brain to wind down.

Routine is key so encourage your child to go to bed and get up at the same time every day, aiming for 9-11 hours.

Include some daily exercise and do not give them a big meal or drink before bedtime.



Relaxing into sleep. Good quality means falling asleep quickly, staying asleep, and feeling less stress and higher energy the next day. Help your child relax by practising together tensing and relaxing your muscles from toes to head.

Big feelings at night-time are common and sometimes wake children up. However, if worries are affecting your child's sleep, writing them down and putting them in a jar to talk about during the day can be therapeutic...



Cooling down our bodies sends sleep signals to our brain. Try having a warm short shower or bath before bed and keeping the bedroom below 18°C.

