# JOT THE FRIENDLY ROBOT'S SLEEP TIPS FOR CHILDREN.



## 1. LIGHTS OUT.

A dark and cool room can help you get a better nights sleep.

## 2. SCREENS OFF.

Did you know that the light from TV, computer, tablet, and phone screens can stop you falling asleep? Try not to use your tablet or phone before bed.

## 3. DON'T EAT SWEETS BEFORE BED.

Eating food and drink with sugar in before bed can stop you feeling sleepy as sugar boosts our energy a lot. Sugar is also bad for our teeth so we should brush our teeth before going to bed.

## 4. SCARED OF THE DARK.

A night light can make you feel safe if you are afraid of the dark or have bad dreams.

## 5. LIST YOUR WORRIES.

Our worries can keep us awake at night. Writing down the things that you are worried about before bed can help you feel better or talk to your parent/carer.

## 6. BE ACTIVE.

Being active and doing exercise helps you to sleep better. Exercise is good for your body and your mind.

## 7. PETS.

A pet's movements and noises during the night can wake you up if they are sleeping in your bedroom. Try making your pet sleep in their own bed or outside your room.

## 8. CLOSE THE CURTAINS.

This helps block out light from outside as well as help to reduce noise. Leave a little gap in the curtain if you don't like the dark.

## 9. CUDDLE SOMETHING.

Cuddles are good at calming the mind. Hugging a pillow, cuddly toy, or something soft will help you fall asleep.

## 10. COMFY PJS.

Wear your favourite comfiest pyjamas and get real cozy.

## 11. READ A BOOK.

If you read a book or comic before bed, you will quickly find yourself dozing off. Books can make us feel dreamy, which can help us to fall into a deeper sleep.

## 12. GO TO BED AND WAKE UP AT THE SAME TIME EVERY DAY.

Our body and mind works better if we have a good sleep routine. This is because of our body's internal clock which helps tell our body when to feel more alert and when to feel more tired at certain times of the day.

## 13. PEACEFUL SOUNDS.

Listening to peaceful music, calming sounds like the rain or the sea, or audio books can help soothe our mind for sleeping.

## 14. HAVE A WARM BATH.

If you're feeling tense or nervous about something have a warm bath a few hours before bedtime to relax your body. This can help you get a good night's sleep.

FOR MORE WELLBEING TIPS FROM JOT THE ROBOT, GO TO WWW.SUFFOLK.GOV.UK/JOT

JOT THE FRIENDLY ROBOT CREATED BY JG MIND DOODLES