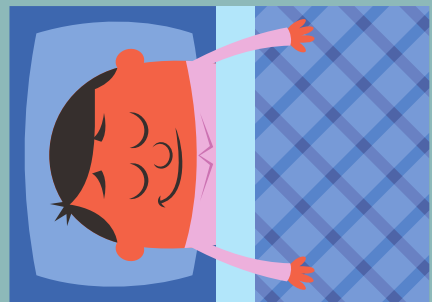




HEALTHY SLEEP HABITS FOR KIDS



Beds are for sleeping

Try only to use the bed for sleeping. Using the bed for other activities makes it hard for children's brains to associate their bed with sleeping.

Stick to the same bedtime and wake up time every day.



Children sleep better when they have the same wake up time and bedtime every day. Staying up late can throw off a child's sleep schedule for several days.

Quiet, calm & relaxing activities



Before bedtime is a great time to relax by listening to some calming music or reading a story. Avoid activities that are excessively stimulating right before bed (including screen time or physical activity). Keep all technology and electronics out of the bedroom at least 1 hour before bed.

A cozy, comfy room

Try to keep the bedroom cool, quiet, comfortable and dimly lit. A comforting soft toy to cuddle with and a night light can also help children settle.



Avoid sugar & caffeine

Avoid having children consume anything with high levels of sugar or caffeine (soft drink, chocolate, coffee) in the late afternoon or through the evening. It can cause night-time awakenings and shallow sleep.



Have a bedtime routine

Have a predictable series of events that lead up to bedtime. This can be brushing teeth, putting on pjs, and reading a story.

Keep bedtime check-ins short & sweet

When checking in on a child, the main purpose is to let them know you are there and that they are all right. The briefer and less stimulating the better.

Put kids to sleep drowsy but awake



The ideal time for a child to go to bed is when they are drowsy, but still awake. Allowing them to fall asleep in places other than their bed teaches them to associate sleep with other places than their bed.



Get help

If your child is having difficulty sleeping or maintaining good bedtime routines, seek help from your family GP.



WISHING YOU A GREAT NIGHT'S SLEEP