

## Healthy sleep tips for children

**Good sleep is important for your child's physical and mental wellbeing.**

A relaxing bedtime routine is one important way to help your child get a good night's sleep.

### Relaxation tips to help sleep

Doing the same relaxing things in the same order and at the same time each night helps promote good sleep:

- A warm (not hot) bath will help your child relax and get ready for sleep.
- Keeping lights dim encourages your child's body to produce the sleep hormone, melatonin.
- Once they're in bed, encourage your child to read quietly or listen to some relaxing music, or read a story together.



### Know how much sleep your child needs

The amount of sleep your child needs changes as they get older.

A **5-year-old** needs about 11 hours a night, for example, while a 9-year-old needs roughly 10 hours.

### Avoid screens in the bedroom

Tablets, smartphones, TVs and other electronic gadgets can affect how easily children get to sleep.

### Your child's bedroom

Your child's bedroom should ideally be **dark, quiet and tidy**. It should be **well ventilated** and kept at a temperature of about **16 to 20C**. Fit some thick curtains to block out any daylight. If there's noise outside, consider investing in double glazing or, for a cheaper option, offer your child ear plugs.

**Get help with sleep problems** - If you've tried these tips but your child keeps having sleep issues, you may feel you want more support, speak with your GP or health visitor. If your child is worried about any issues in school, speak with the class teacher or Mrs Walsh (Family Support Worker)

