

# Ten tips

for helping your child  
to get a restful  
night sleep

Problems that cause lack of sleep in children are not much different to what keeps us adults awake. There are a number of reasons why children have problems getting to sleep or staying asleep:

## - Excited because of

- Playing console games
- Watching television
- Participating on social media platforms
- Being scared of missing out

## - Worrying about-

- Peer pressure/ friends
- Family and school
- Expectations of guardians and teachers

## - Not sleepy because of

- The natural body clock
- Possibly even some medications
- Inactivity or napping in the day

## - Frightened to go to bed because of-

- Fear of the dark
- Nightmares/ night terrors
- Personal loss





*I should not be looking at a screen just before bed*

**Stop screen time at least an hour before bedtime.**

**1**



*I like to have a bedtime story*

**A familiar story before sleep allows children to explore feelings, experiences and feel safe.**

**2**



*Night time drinks and sweets are not good for me*

**Some drinks, chocolates or deserts may contain caffeine. It's best to limit consumption of these after 6pm.**

**3**



*Playing outside is good for me*

**Whatever the weather, children need to be outside and active with clothing that keeps them warm and dry.**

**4**



*Soothing music makes me feel relaxed*

**Ambient classical/ popular/ lullaby music can become part of the bedtime routine to aide and act as a cue for sleep.**

**5**

6



I love to  
feel cosy in  
bed

Things like a favourite  
**cuddly toy help  
children feel secure.**

7



Bright  
lights keep  
me awake

A completely blacked out room is the  
ideal environment for sleep, but only if  
your child is not afraid of the dark  
Alternatively, moderate low ambient  
lighting is the next best thing.

8



Sometimes  
noises in the  
house wake me  
up.

Try something that may seem  
unusual. White noise machines  
have been proven to help with  
night terrors or helping to  
combat broken/interrupted sleep.

9



I'm having  
too much fun  
to sleep.

Make relaxation techniques  
a part of game play by helping  
them to take deep slow  
breaths. This can help to  
calm down their active  
minds.

10



Grown ups get  
to stay up.  
Why can't I?

Rather than sending your child off  
to bed, go with them and make  
them feel comfortable and relaxed.  
They are likely to feel less  
like they are missing out on  
something.



I am 3 and I need 12 hours sleep



I am 4 and I need 11½ hours sleep



I am 5 and I need 11 hours sleep



I am 6 and I need 10½ hours sleep



I am 7 and I need 10½ hours sleep



I am 8 and I need 10 hours sleep



I am 9 and I need 10 hours sleep



I am 10 and I need 9¾ hours sleep



I am 11 and I need 9½ hours sleep

