### SUPPORTING YOUR CHILD'S SLEEP ROUTINE



# BEDTIME ROUTINES

- A good routine is important to help children develop better sleep habits.
- Things may get worse before they get better as children may try to resist changes.
- New changes may take at least 2 weeks before you start to see results.
- Do the same thing at the same time each day (including weekends until the change is settled) this will strengthen your child's body clock.
- Switch off screens 1 hour before bed, these can hinder the production of the sleep hormone melatonin and interfere with sleep quality.

#### At the same time every night...

#### 1 hour before bed

- Switch off all screens
- Give your child a light snack containing the listed sleep foods
- Switch to calming activities that involve hand-eye co-ordination

STEP BY STEP

• Dim the lights if possible

### 30 minutes before bed

- Give your child a warm bath
- clean teeth
- change into pyjamas

#### Bedtime

- Put your child in their bed while they are awake
- Share a bedtime story
- Say goodnight, turn off the lights or dim them fully
- Leave the room

## FOODS THAT HELP SLEEP

### What your child eats can impact their sleep

A light snack in the hour before bed can help some children sleep. Avoid heavy meals close to bedtime as this can make sleep difficult.

The body uses tryptophan to help make the sleep hormone melatonin Foods that contain tryptophan are:

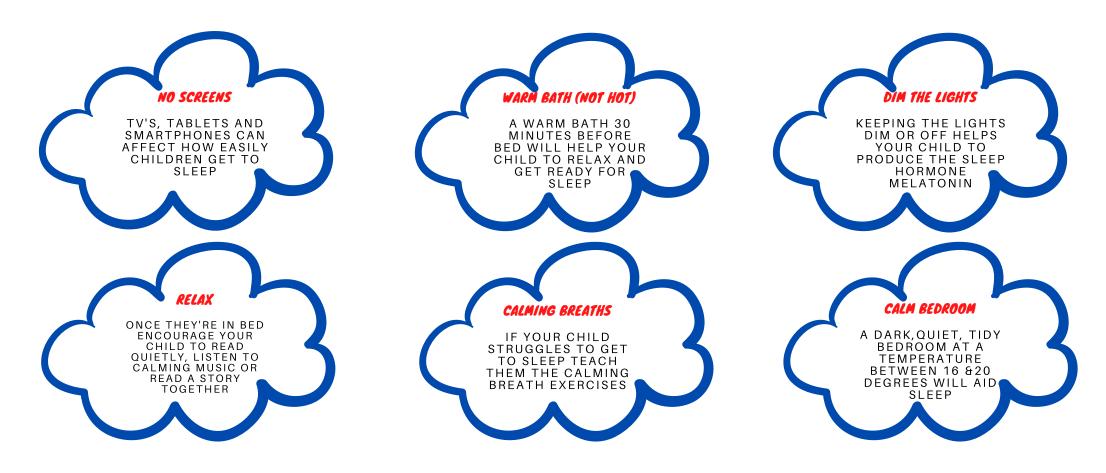
- Milk and Milk products Traditional milk products (warm), yoghurt and soya milk
- Eggs
- Meat Chicken and turkey
- Fish Cod, tuna. Mackerel and salmon
- Cheese Cheddar processed cheese, cottage cheese.
- Fruits Apples, bananas, blueberries, strawberries, avocados, pineapple, peaches and cherries
- Vegetables Spinach, asparagus, green peas, broccoli, tomatoes, cabbage, cauliflower, mushrooms, cucumber and potatoes
- Nuts Walnuts, peanuts, cashews, pistachios, chestnuts, almonds
- Seeds Ground flax, sesame, pumpkin, sunflower
- Beans Soy beans, kidney and chick peas
- Grains Wheat, brown rice, barley, corn, oats (porridge)
- Bread Whole wheat bread

source: https://www.derbyshirehealthcareft.nhs.uk/application/files/2416/1157/8122/Sleep\_Infromation\_Advice\_v2.pdf

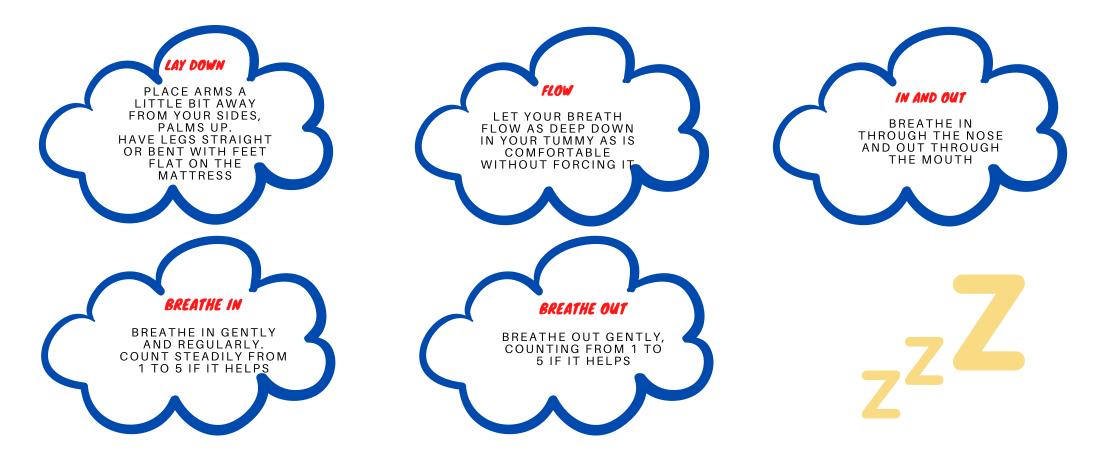


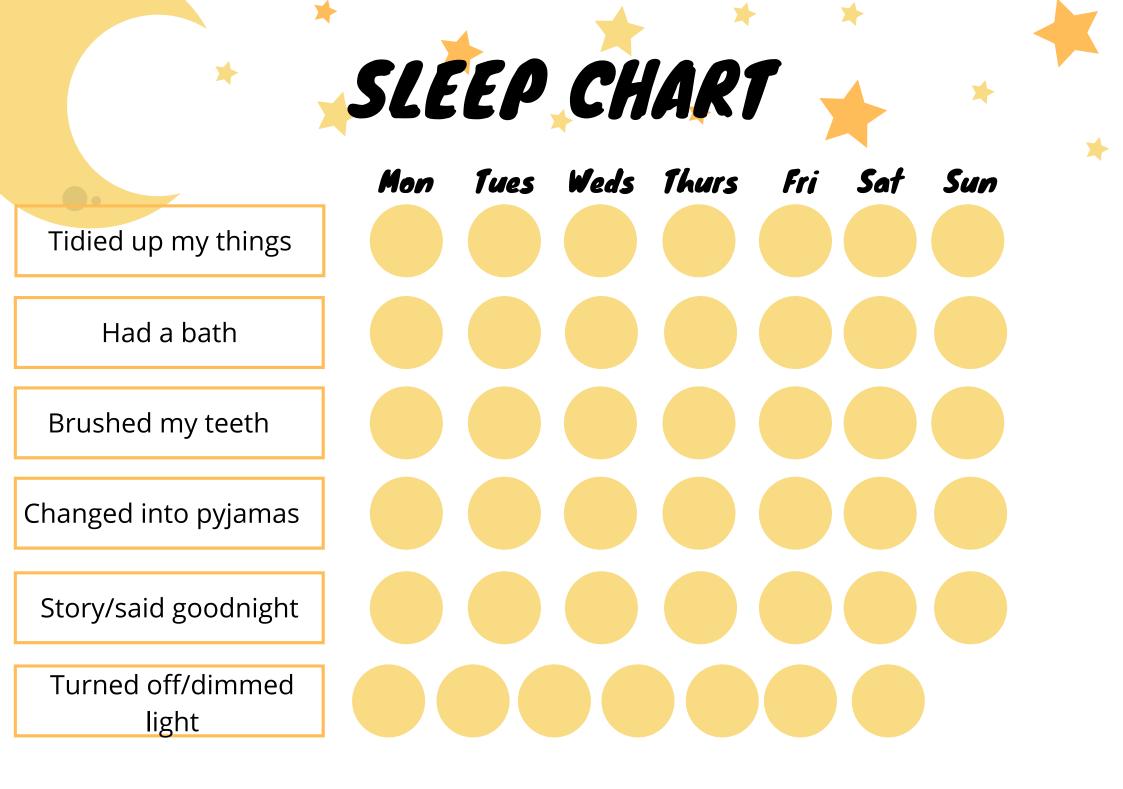


#### TRY TO KEEP TO THE SAME ROUTINE AND BEDTIME EVERY NIGHT



### BREATHING EXERCISES





### TOP TIPS

- Plan your routine, work out what time it will start (an hour before bed) and finish. Write it down and show your child.
- Do the same thing at the same time every day, bedtime should be a predictable series of events. This may feel difficult at the weekend but it is important for your child's body clock.
- Your child should only use their bed for sleeping, lying on a bed and doing activities such as watching tv or using a screen makes it hard for their brain to associate their bed with sleep.
- A comfy, cozy, tidy room will help your child to switch off.
- Turn off all screens 1 hour before bed as they may suppress the body's production of melatonin.
- Give your child a light snack one hour before bed.
- Dim the lights in the hour before bed to help your child start to produce melatonin.
- Give your child activities in the hour before bed that require hand eye co-ordination or listen to calming music.
- A bath 30 minutes before bed can help promote sleep.
- Put children to bed drowsy but awake, this allows them to associate their bed with sleep rather than other places.
- Once in bed a great way to end the day is to share a story.
- Bedtime check ups should be short and sweet. The main purpose is for you to let them know you are there and that they are alright. The briefer and less stimulating the better.
- Make sure that your child is getting enough exercise earlier in the day, this will help them to sleep later.