

Developing a Healthy Sleep Routine

Why Sleep Matters

Good sleep is essential for children's growth, learning, and emotional wellbeing

Sleep helps children to:

- Build memory and concentration
- Manage their emotions and behaviour
- Strengthen their immune system
- Have the energy to learn, play, and explore



Common Sleep Challenges

It is normal for children to go through phases of disrupted sleep. Common difficulties include:

- Trouble settling at bedtime
- Waking in the night
- Nightmares or night terrors
- Early waking
- Resistance to bedtime routines
- Anxiety about sleeping alone

These challenges can often be eased with consistent routines and gentle reassurance.

Tips for Better Sleep

Keep a consistent bedtime routine

Aim for the same bedtime and wake-up time each day, even at weekends.

A calming, predictable routine helps children wind down. For example: bath, story, cuddles, lights out.

Reduce screen time before bed

Avoid TV, tablets, and phones for at least one hour before bedtime. The light from screens can make it harder to fall asleep.

Create a calm sleep environment

Keep the bedroom dark, quiet, and comfortable.

Soft lighting, a favourite soft toy, or white noise can be soothing.

Reassure and comfort

Children may need reassurance, especially during times of change.

Calmly return them to bed if they get up. Consistency helps them learn that bedtime is safe and predictable.

Encourage relaxation

Quiet activities before bed, such as gentle music, reading, or deep breathing, can help them relax.

Watch food and drink

Avoid caffeine found in chocolate, fizzy drinks, or tea.

Try not to give large meals or sugary snacks right before bed.