

# Sleep Hygiene Guide for Parents

By Sandwell School Nursing



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# Sleep Hygiene

- **Obtaining healthy sleep is important for both physical and mental health.**
- **It is particularly important for children as it directly impacts mental and physical development.**
- **Everyone, from children to older adults, can benefit from practicing good sleep habits.**
- **Sleep hygiene is a variety of different practices and habits that are necessary to have good night time sleep and full daytime alertness.**



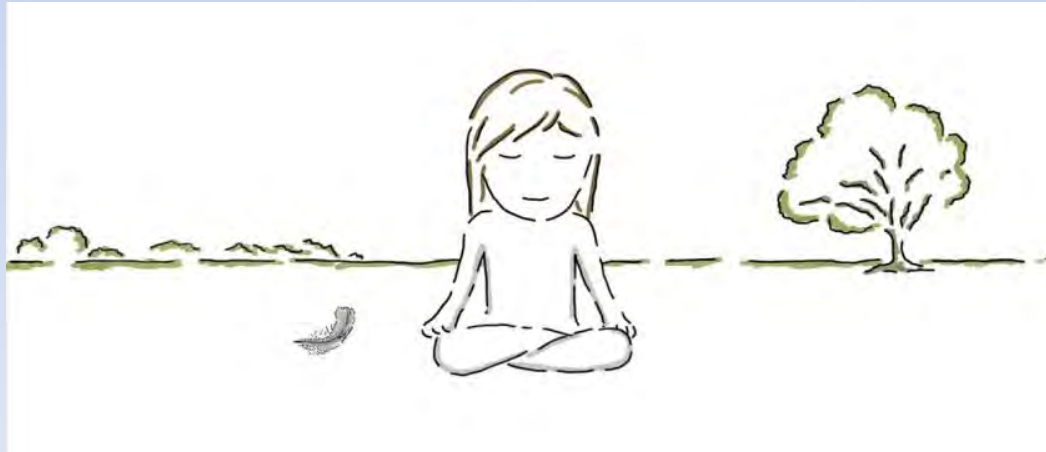
# How Much Sleep Do Children Need?

- **Sleep and Pre schoolers (3-5 years)**
  - 11-13 hours each night and most do not nap after five years of age
- **School-aged Children (6-13 years)**
  - 9-11 hours of sleep.
- **Teenagers (13+ years)**
  - 8 to 9 hours sleep



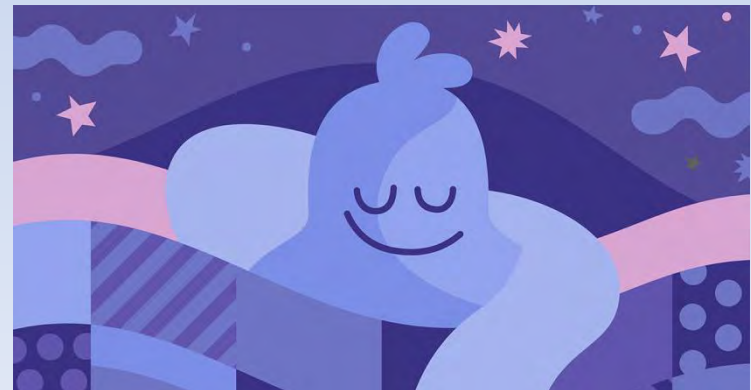
# Relaxation Before Bed

- Turn off all screens one hour before bed
- Activities such as jigsaws and colouring can be very relaxing and help to wind down
- Avoid physical activity in the run up to bed time.



# Relaxation Before Bed

- **Dimming the lights in the hour before bedtime can help to promote relaxation.**
- **Relaxing background music may help to create a calming environment**
- **Guided meditations** available on line and books
- **Make time to chat with your child before bedtime**



# Bedtime Routine

- **Stick to strict bedtime routines**
- **Give your child warnings that bedtime is approaching**
- **Having a warm bath before bed can help your child relax.**
- **Read a book with your child or a guided meditation.**
- **Say goodnight and leave your child to fall asleep by themselves.**




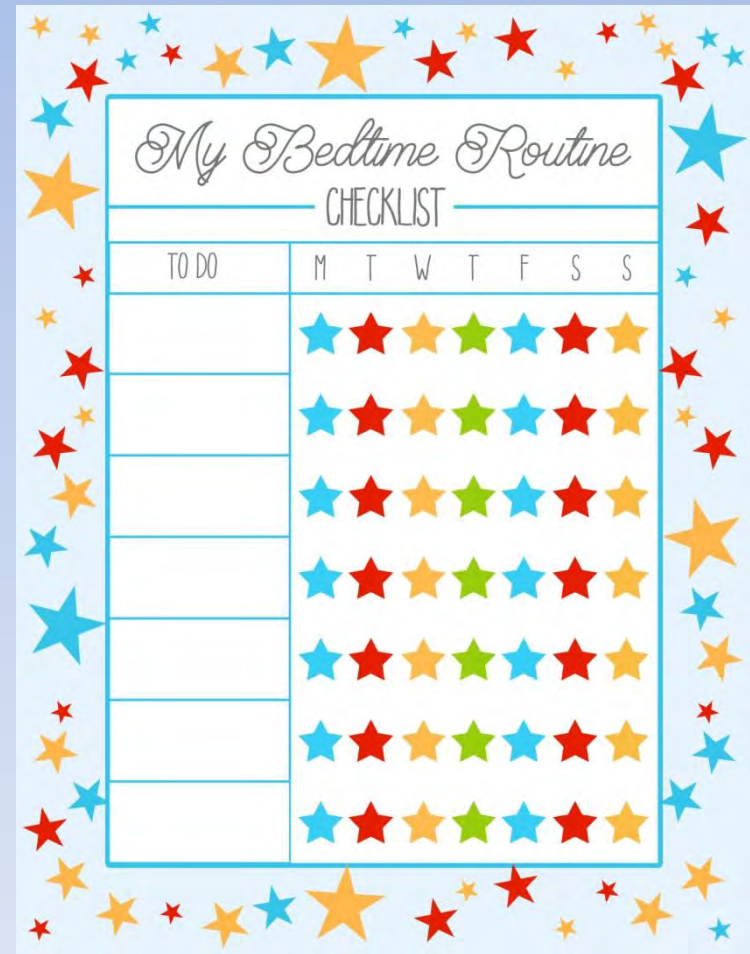
# Bedtime Checklists

Here are a couple of examples of Checklists that can be used to help you to encourage your child to promote good sleep hygiene.



**Bedtime Routine**

-  Have a Bath
-  Put PJ's on
-  Brush Teeth
-  Go to the Toilet
-  Read a Book
-  Sleep Time



*My Bedtime Routine*  
CHECKLIST

TO DO	M	T	W	T	F	S	S
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★

# Creating a Calm Bedroom

- **Ensure the bedroom remains a positive environment**
- **No televisions, computer or phones to be kept in the room**
- **Make sure that toys are covered or stored away**
- **Consider what is on display in your child's room**
- **Ensure the room is dark or use a night light if needed**
- **Ideally the bedroom temperature should be around 16 to 18 degrees.**
- **Ensure children sleep in their own room in their own bed.**
- **Decorate in neutral, calming colours, bright colours can be over stimulating.**





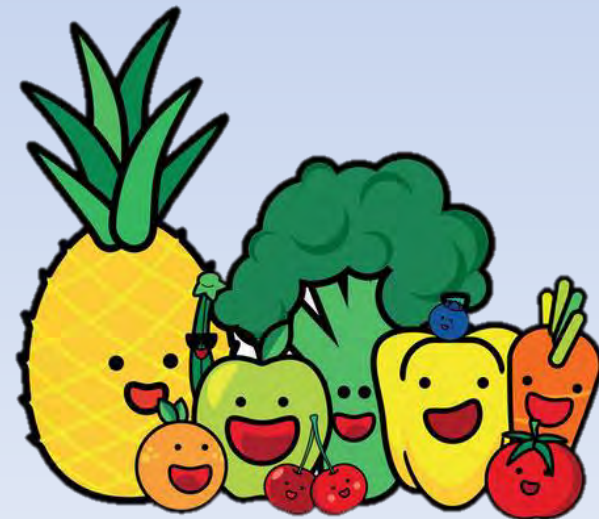
# Behaviour At Bedtime

- **Complete your bedtime routine and leave the room before they fall asleep**
- **Ignore complaints and protests**
- **Remind them that it is bedtime but do not get into discussions**
- **Return your child to their room each time they leave in a calm and firm manner**
- **Keep visits to their room brief**
- **Do not lock your child in their room**
- **Be consistent and don't give up.**



# Sleep and Diet

- **Healthy eating leads to healthy sleeping.**
- **Aim for a balanced diet**
- **High in Fibre – Fruits vegetables and wholegrains**
- **Low in Sugar and fats**
- **Caffeine is a stimulant so best avoided in the run up to bedtime.**
- **Avoid eating just before bed**



# Daily Sleep Diary

## (for children and young people)

Complete the diary each morning, which will highlight your sleeping routine and where improvements can be made.

	Enter Day of Week	Day 1 – Monday	Day 2 – Tuesday	Day 3 – Wednesday	Day 4 – Thursday	Day 5 – Friday	Day 6 – Saturday	Day 7 – Sunday
1	What time did you go to bed last night?							
2	Did you stick to the bedtime routine?							
3	After falling asleep how many times did your child wake up?							
4	How long were they awake during the night?							
5	What time did your child wake in the morning?							
6	Did feel your child had a good night sleep?							



# When to Seek Further Support

- **If your child has any disabilities this can affect their sleep**
- **Conditions such as ADHD and autism**
- **Any emotional health issues such as stress or separation anxiety**
- **Night Terrors**
- **Persistent issues**



# Useful Resources

- The Children's Sleep Charity

<https://www.thechildrenssleepcharity.org.uk/>



- NHS Website

<https://www.nhs.uk/>



- The Sleep Council

<https://sleepcouncil.org.uk/>



The Sleep Council  
helping you get a better night's sleep

