

# Healthy Sleep Tips for Children

A relaxing bedtime routine is an 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.

### Babies 4 to 12 months old

12 to 16 hours including naps

### Toddlers 1 to 2 years old

11 to 14 hours including naps

### Children 3 to 5 years old

10 to 13 hours including naps



## Avoid screens in the bedroom

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

Try to keep your child's bedroom a screen-free zone and encourage your child to stop using screens an hour before bedtime.

## 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. A nightlight can be reassuring if your child does not like complete darkness.

## Get help with sleep problems

If you've tried these tips but your child keeps having problems getting to sleep or sleeping through the night, you may feel you want more support.

You can speak to a health visitor or your local children's centre to begin with.



Information sourced from [www.nhs.uk](http://www.nhs.uk)

