

Sleep Hygiene

Sleeping Tips for Children

Ways to Help My Child Sleep

1. Keep a regular routine to include:

- Have the child go to bed about the same time each night
- Have your child settle down with a quiet, calming activity at least 1/2 hour before bed
- Have your child read a pleasant book—or better yet, read to your child before bed
- Allow for some "tuck-in" time to include reading, sharing positive thoughts about the child, and or the day, and cuddling
- Make sure the room temperature is comfortable, your child is in loose jammies, and that they have the necessary stuffed animals, dolls or other favorite bedtime item before the lights go out
- Use a nightlight if needed

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2. Encourage your child to learn how to settle down and fall asleep on his/her own
3. Don't rush in every time your child complains or calls out for you.
 - Wait a few minutes before answering to give the message that it is time for sleep
 - Reassure your child that you are there, even if you don't go in the room
 - If you go in the room, then calmly reassure your child and leave quickly
4. Pay attention to the noise level in the rest of the house. Can you keep the noise level down so that it isn't highly distracting?
5. Consider a brief, warm bath for your child, as well as warm milk or a healthy light snack

Remember: You are helping by providing loving support, reassurance and routine!

CBT+

Basic Guidelines: Sleep Hygiene

What is a good sleep environment?

Dark. Avoid lights, including night-lights. Keep the windows covered with blinds or curtains.

Cool. Keep the temperature of your sleep environment cool enough to necessitate blankets for warmth.

Quiet. Falling asleep and staying asleep is much easier if your environment is quiet. Use earplugs or a "white noise machine" if you cannot control the noise level in your sleep environment.

Comfortable. Make sure you are sleeping on a comfortable mattress. A good mattress will support your back and will not leave you stiff and sore in the morning.

What is a good night of sleep?

An uninterrupted sleep

A refreshing sleep

A deep sleep

A length of time that works for you personally (the average adult needs 7.5 to 8 hours per night).

What will stop you from having a good night sleep?

Consuming alcohol before bed. Alcohol may make it easier to fall asleep but it is at the cost of quality. Alcohol fragments your sleep, so you will not feel well rested even after a full night in dreamland.

Certain medications. Some medications have side effects associated with insomnia. This is also the case for certain herbal remedies. Make sure to read the accompanying informational material and to consult your doctor or pharmacist!

What should you do to fall asleep easily?

Have a bedtime ritual. This sends a cue to your body that it is time to settle down and fall asleep. A ritual does not have to be a long process and can be as simple as brushing your teeth