

Sleep Hygiene

- It is important that we all get a good nights sleep.
 - The amount of sleep a person requires varies from person to person
 - To help get a goodnight's sleep there are some steps that we can take
1. An hour before you start your young person's sleep routine turn off all screens
 2. Start the sleep routine an hour before you wish your young person to go to sleep.
 3. Have the last drink and snack downstairs
 4. Move upstairs to have a bath, shower or wash
 5. Clean teeth
 6. Get into night clothes
 7. Ensure the bedroom is warm but not hot, curtains are closed and all toys are put away
 8. Get into bed 30 minutes approximately before you want your young person to be asleep.
 9. Have a story finishing around 20 minutes before you want your young person to be asleep.
 10. Say goodnight and turn out lights.
 11. If your young person does not settle, go in and say goodnight once, put your child back into bed.
 12. If your young person continues to not settle go in and without verbal communication put them back into bed. Continue to do this until they fall a sleep.