



Developing Good Sleep Practice

1. Keep a regular bedtime for your child and wake your child at a regular hour each morning, so that the body clock is strengthened.
2. Do not let your child have prolonged naps in the late afternoon. If your child still needs to sleep, schedule the nap for early afternoon.
3. Avoid stimulating activity in the hour before bedtime, including TV, tablets and consoles.
4. Avoid drinks of cola, chocolate, tea and coffee i.e. caffeine and additives before bedtime. Instead have a warm milk drink.
5. Make sure that your child does not go to bed hungry, but try not to eat too close to bed time.
6. Make sure that your child's room is quiet and dark.
7. Keep room temperature to a comfortable level. High temperatures disturb sleep.
8. Keep room clear of distractions and electronic equipment.
9. Environmental noise in the rest of the home should be kept to a minimum.
10. When age appropriate, help your child to learn to fall asleep alone in their bed, without your presence.