

## Quick Tips to help with sleep

### Make bedtime the same every night:

- Children love routines as it makes them feel safe and secure.
- Ensure your child gets enough sleep by setting a consistent and firm bedtime routine.



### Make bedtime an enjoyable time:

Remember, this could include:

- Warm milk before brushing teeth
- A small healthy bedtime snack, again, before brushing teeth
- A relaxing bath
- A bedtime story
- Talking calmly and quietly about their day.



### Take the TV, iPad and phones out of the bedroom

- Bedrooms are for sleeping and quiet time only.



### Watch what they eat

- A good healthy diet goes hand in hand with getting a good night's sleep
- Don't let your child eat a meal too late
- No fizzy, no caffeine and no blackcurrant based drinks.



### Make sure the bedroom is comfortable:

- Children sleep best in a cool dark room (night lights are fine)
- Make sure the mattress is clean and comfortable
- Cotton bedding is more comfortable than artificial fibres as children get too hot



### Have fun during the day:

- A good way to ensure a good night sleep is to encourage physical activity during the day.  
(Make sure not to exercise close to bedtime as it will make the body produce a stimulant that may keep them awake for a while)



### How much sleep do kids need?

- 4 years - night time: 11 hours, 30 minutes
- 5 years - night time: 11 hours
- 6 years - night time: 10 hours, 45 minutes
- 7 years - night time: 10 hours, 30 minutes
- 8 years - night time: 10 hours, 15 minutes
- 9 years - night time: 10 hours
- 10 years - night time: 9 hours, 45 minutes
- 11 years - night time: 9 hours, 30 minutes
- 12 years - night time: 9 hours, 15 minutes
- 13 years - night time: 9 hours, 15 minutes
- 14 years – 16 years - night time: 9 hours



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