

Helpful sleep advice to share with parents



Relaxation Tips:

- Dim the lights an hour before bed to create a relaxing environment and aid the production of melatonin (sleep hormone)
- Fine motor skill activities such as craft activities, model making, jigsaws or colouring pictures can aid relaxation.
- Turn off all screens an hour before bedtime

Tips to promote a sleep friendly bedroom environment:

- Use neutral colours- Bright colours can be over stimulating
- Don't use the bedroom as a sanction for child, sleep should be promoted positively
- Make bedroom a gadget free zone- if possible remove TV's, gaming devices, phones
- Put away toys or cover them up at night time

Tips for bedtime routine:

- Write down your routine and try to keep it the same every day
- A bath 30 minutes before bed can help promote sleep.
- Once in bed, sharing a story is a great way to end the day

For more information, why not visit our sleep training which is available on our parent website:

<https://view.pagetiger.com/RISENI/parents>

