



GOOD ADVICE ON SLEEPING FOR PRIMARY AGE CHILDREN



Name:

Sleep environment

Make sure the child’s room is comfortable.
 The room should be darkened and quiet.
 The temperature should be cool – not hot, as this disrupts sleep.
 A non-stimulating bedroom is ideal, pack up the toys in large boxes at night-time.
 It would be ideal not to have televisions, computers and other ‘gadgets’ in the bedroom.

Things to avoid

Do not let the child have excessive late afternoon naps (eg after 2pm).
 No over excitement near bedtime (bath should be relaxing and functional).
 No caffeine drinks eg tea, coffee, and cola before bedtime.
 No large, late meals.



Encouragement

Set a constant bedtime routine eg waking at the same time every day, including weekends and holidays.
 Keep a regular relaxing bedtime routine eg snack, warm bath, story and bed.
 Try to have a good playtime and run about outside each day.
 Get as much sunlight as possible each day.
 Help your child to learn to fall asleep alone in his/her bed, without your presence.
 Encourage your child to have a healthy snack before bed.

It is most important to have a regular, relaxing, restful routine for bedtime.

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