

Good sleep routine

There are a range of things that you can do to help develop a good sleep routine with your child.



Here is an example of a good bedtime routine:

- 5.30pm Evening meal.
- 6.00pm Play time.
- 6.30pm Quiet play:
e.g. jigsaw puzzles, train set.
A healthy snack if needed.
- 7.00pm Relaxing bath time.
- 7.20pm Pyjamas on.
Teeth cleaned and into bed.
- 7.30pm Story time.



Things to try

- Keep to a regular bedtime for your child.
- Wake your child at a regular hour each morning.
- Try not to let your child have a nap in the afternoon after 2.30pm.
- Avoid stimulating activities one hour before bedtime. These include TV, tablets, phones, game consoles, etc. The light from these devices can over stimulate your child, making it harder for them to fall asleep.
- Avoid drinks such as fizzy, hot chocolate, tea and coffee before bedtime. Offer your child some warm milk instead.
- Make sure that your child does not go to bed hungry. Avoid foods that are high in sugar or caffeine. If they are hungry, offer them a healthy snack.
- Make sure your child's bedroom is quiet, dark, and at a suitable temperature. Use quiet voices once in the bedroom.
- Keep your child's bedroom free of distractions, ideally with any toys in a box, and no electronic devices.
- Keep other noises in the home to a minimum, such as loud TV or music.
- Help your child to fall asleep alone in their bed, without you being there.

Source attribution: Sleep Scotland

See our 'Five magic kisses' leaflet for additional ideas to help support your child's bedtime routine.