

Healthy sleep patterns

School-age children



0 to 19
TORBAY
for you

Calming the mind and body in preparation for sleep, by encouraging a regular bedtime routine, is an important part of a child's development.

It's helpful to make the transition from daytime activities to a time of rest.



Things to know

- What happens in the day can have a direct effect on how children and teenagers sleep.
- Events and relationships with you and others may create anxieties that can sometimes result in sleep difficulties.
- Listening to your child or teenager's experiences of the day can help to anticipate problems with sleep.
- If children can be confident that worries of the day can be shared, they can feel safer as they settle to sleep.



Things to avoid

- Intense studying around bedtime.
- Confrontation or arguing.
- Stimulating computer games, television or music before bedtime - establishing good habits before they take a more active role in organising their own bedtime.
- Caffeine, chocolate, nicotine or alcohol, which can affect both the amount and quality of their sleep.

There may be times when your child or teenager's sleep pattern changes. It may be helpful as a parent to speak with someone if you have any concerns.