



# SLEEP ROUTINE

CREATING AND  
MAINTAINING A GOOD  
SLEEP ROUTINE

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## WHY A GOOD SLEEP ROUTINE IS IMPORTANT

- **Improved physical health:** Regular sleep supports immune function, tissue repair, and overall well-being.
- **Enhanced cognitive function:** Adequate sleep boosts memory, attention, and problem-solving skills, leading to better academic performance.
- **Better mood and mental health:** Quality sleep contributes to emotional stability, reduces irritability, and lowers the risk of anxiety and depression.
- **Establishing healthy habits:** Consistent sleep routines during childhood/adolescence can lead to lifelong habits that promote overall health.
- **Increased energy and productivity:** Quality sleep ensures your child feels refreshed and energised
- **Enhanced overall well-being:** Taking care of sleep needs fosters a sense of self-care and supports children and teenagers in leading balanced and fulfilling lives.

## WHAT HELPS TO HAVE A GOOD SLEEP ROUTINE?

- **Consistent bedtime and waketime:** Encourage your child to go to bed at the same time each night and wake up at the same time each morning, even on weekends, to maintain consistency.
- **Regular exercise:** Encourage your child to engage in regular physical activity
- **Sunlight exposure:** Ensure your child gets regular exposure to natural light, especially in the late afternoon, to regulate their internal clock.
- **Bedroom environment:** Create a comfortable sleep environment by maintaining a suitable temperature, keeping the room quiet, and ensuring it's dark enough for quality sleep.
- **Bed for sleep only:** Encourage your child to use their bed exclusively for sleep, avoiding activities like gaming or using electronic devices.
- **Bedtime routine:** Establish a relaxing bedtime routine involving calming activities such as a warm bath, reading, or listening to soothing music.
- **Relaxation techniques:** Teach your child relaxation exercises or imagery to help them unwind before bedtime.
- **Managing thoughts:** Encourage your child to jot down any racing thoughts in a notebook to ease their mind before sleep.
- **Troubleshooting:** If your child struggles to sleep for more than 20-30 minutes, encourage them to get up, engage in a quiet activity, in a space with very low/soft lighting and return to bed when sleepy.

## WHAT DOESN'T HELP OR GETS IN THE WAY OF A GOOD SLEEP ROUTINE?

- **Technology use before bed:** Discourage your child from using electronic devices like phones or laptops in the hour before bedtime.
- **Late-night exercise:** Avoid vigorous physical activity close to bedtime.
- **Stimulating activities:** Limit activities that stimulate the mind, such as competitive games or exciting TV shows, before bedtime.
- **Eating habits:** Ensure your child doesn't go to bed too hungry or too full.
- **Over-the-counter medications:** Avoid giving your child over-the-counter sleeping pills without consulting a doctor.
- **Daytime naps:** Where possible, do not nap. If needed, limit daytime naps to no more than 20 minutes and avoid them close to bedtime.
- **Increased caffeine intake:** Advise against increasing caffeine intake after a night of poor sleep.
- **Getting stressed about not being asleep:** Encourage your child not to force themselves to sleep, as it can make them more alert.
- **Clock watching:** Discourage your child from watching the clock, as it can increase anxiety.
- **Avoiding daytime activities:** Encourage your child to stick to their usual routine even after a poor night's sleep.

**Sleep-related issues can be  
tough.**

**Reach out for support if you  
need help**

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