

# Sleepy Heads



Information advice and practical suggestions relating to sleep: a guide for caregivers.

Created June 2023 (review due June 2024)

**The  
Children's  
Society**



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## Introduction

**Sleep is an issue for many of the families we see. With so much information available it can be hard to know what to take notice of.**

Studies show that around one third of adults and up to 50% of children suffer with sleep-related issues.

We hope this guide will be useful not only for promoting good sleep for children and young people, but for all. Please note that the information in here should not replace the advice of medical professionals.

## About this booklet

**We have aimed to make this as practical and informative as possible. This includes links to sources we think could be useful for you to get more information.** We have included QR codes to help you access these quickly from a screen! There is a full list of the links at the end of the guide along with additional resource links and an example sleep diary.

There is no one-size-fits-all solution to achieve high quality sleep for any of us. What works for one person or one household may not work for the next.

There are lots of different strategies and ideas for dealing with common sleep issues, so don't panic if you feel that some of what is included here contradicts something else you have read elsewhere. The hope is that this will help inform the choices you make that are based on your unique circumstances. A trial-and-error approach may be needed!

If you have any questions about the content of this booklet, please do get in touch with the service who has issued this to you.

## The importance of sleep

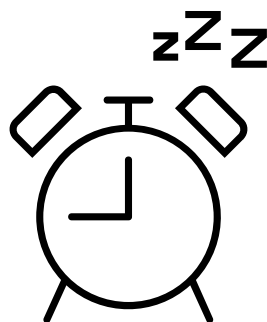
### The battle for balance

Sleep is essential to healthy development in children and young people, and is nature's way of giving balance to the whole human system. Sleep is absolutely vital to overall health, wellbeing and functioning.

Children and young people are not particularly good at recognizing when they need to sleep and will usually push for a later bedtime if they can. As caregivers, we face a battle in the current climate of smartphones, tablets and other electrical devices.

Once upon a time when we got home from school there was no real connection with the outside world or other peers but now connection to others is greater than ever, and therefore peer pressure is ever more pressing. Young people can see when their peers are awake and compare bedtimes with others.

But it's really important that parents and carers regulate and enforce some pro-sleep boundaries into everyday life. Children and young people will not regulate their own sleep/wake cycle as effectively if left to their own devices (no pun intended).



## **Why sleep is important?**

In children aged 6 to 13 it's recommended by NHS England that they have 9-11 hours of sleep a night. Evidence suggests that if they don't have this amount of sleep then their mood, concentration and behaviours will be negatively affected.

There can also be other adverse effects on the body in terms of temperature control, insulin production and cell maintenance.

School-aged children and students should always aim for optimum sleep as, without this, the brain will struggle to maintain effective focus within a classroom setting. A lack of sleep can cause irritability and poor concentration which can make classroom learning difficult for everyone.

## 10 tips to help anyone get a better night's sleep

- Keep fixed morning routines, try not to allow too late a lie-in at weekends. We know that regular sleep/wake cycles help maintain structure
- Avoid napping in the day
- Exercise more in the day as this promotes cardiovascular health and creates dopamine in the brain which aid sleep later in the day
- Take warm baths at night
- Do gentle stretches before bed
- Read a book before sleeping
- Write a 'to do' list before bed
- Avoid smartphone use up to one hour before bed
- Make the bedroom a relaxing place to be - avoid having a TV in the bedroom or other devices which emit blue light
- Set the temperature to 18-24 degrees

**We will expand on and repeat these throughout this booklet!**



# Why do we need sleep?

Poor sleep can lead to issues relating to physical health, emotional and mental health and functioning.

## Physical health issues

- Heart disease
- Heart attack
- High blood pressure
- Irregular heartbeat
- Increased risk of stroke
- Diabetes
- Obesity and weight gain



## Emotional and mental health issues

- Irritability
- Anxiety
- Forgetfulness
- Easily distracted
- Lack of motivation
- Symptoms of depression
- Chronic stress



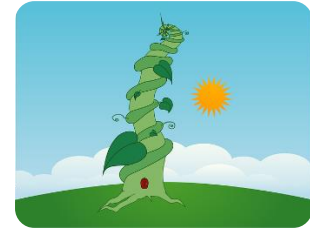
## Functioning issues

- Tired in the day
- Low energy
- Poor decision making ability
- Low sex drive
- Less alert and slow reactions
- More errors and mistakes
- Memory problems
- Cognitive impairment

## Some ways sleep is important for kids

### Sleep promotes growth

Deep sleep is where an estimated 75% of human growth hormone is secreted. This is also secreted during exercise.



### Sleep helps the heart

- When we sleep, our heart rate and blood pressure go down, meaning our hearts aren't working as hard.
- Studies show that people with sleep deprivation have a higher heart rate.
- Lack of sleep can lead to insulin resistance which is linked with type 2 diabetes and heart disease.

Poor sleep can mess with our appetite which in turn can lead to unhealthy food choices which are bad for our hearts, and they can adversely affect weight too!

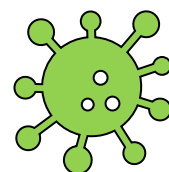


### Sleep helps the immune system

When we sleep, we produce cytokines. These are used by the body to fight infection, illness, and stress.

Less sleep means lower cytokine production.

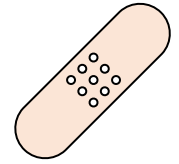
**Interesting fact:** These proteins also make us sleepy – which is why we need to sleep more when we are ill!





## Sleep reduces injury risk

All of us are clumsier when we are tired – particularly kids! Lack of sleep can affect our reaction times meaning we are more likely to trip or fall, resulting in injury Sleep can help boost attention It's so much harder to stay focused on a task when we are tired or fatigued. Studies have shown that kids who don't sleep the recommended amount show increased impulsivity and hyperactivity which can look like ADHD.



Interesting fact... did you know a goldfish has a longer attention span than an adult human?



## Sleep can improve learning

Our brains consolidate learning when we sleep, and our memories are stored... lack of sleep can make us more forgetful.

There are lots of studies which show that we can actually learn new things while we sleep!



Scan the QR code to...



**Read** about the importance of sleep

## Healthy habits and hygiene

Sleep hygiene isn't about making sure we all clean our teeth or wash our faces before bed – it is about the bedtime routines and practices that happen before sleep.

*This isn't just about improving children and young people's sleep quality - it applies to us adults too!*

Sleep hygiene is about practicing a **variety of healthy lifestyle and sleep habits** that can improve your ability to fall asleep and stay asleep. Small changes can have a huge impact on your sleep quality and quantity.

So what can you do? Start by paying attention to the **10 commandments of sleep** detailed on the next page.

Scan the QR codes to...



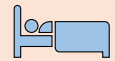
**Watch** 'The 10 Commandments of Sleep'



**Read** about sleep hygiene

**Stick to a regular sleep routine.** Set a consistent bed /

- 1 wake up time and where appropriate limit daytime napping (recommended max 45 mins for an adult).



- 2 Get out into **natural light during the day** – ideally as soon as you wake up!



- 3 **Exercise regularly**, but not just before bed.

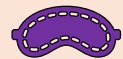


**Avoid stimulants** 8 hours before bedtime. Be mindful of the intake of sugary food (sweets, chocolate, biscuits), caffeinated drinks (soft drinks such as coke, tea, coffee, hot chocolate... even some herbal teas contain caffeine)

- 4



- 5 Don't **go to bed full hungry or thirsty**.



- 6 **Avoid screens** before bedtime



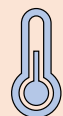
- 7 **Don't** use alcohol to sleep



- 8 **Avoid smoking** before bedtime



- 9 **Keep the bedroom cool dark and quiet.** Ensure the bed is comfortable. Keep the room well-ventilated.



- 10 **Hide the clock** to avoid anxiety-causing clock watching.



# What to do when everyone has an opinion about bedtime, hours of sleep and routines...

**Try not to get caught up in 'shoulds' and 'musts'... each child, family and household is unique and will have different needs.**

A lot of focus is put on bedtime and sleep from birth! With so much information and so many people having an opinion on what a 'good' bedtime routine looks like it can be confusing (and frustrating) trying to set one.



## Things to remember

- Any Guidance on the amount of sleep needed is a **suggested amount**. The likelihood is that your child will need somewhere near the number of hours suggested.
- Your role as caregiver to your child is to **give structure and promote healthy habits** in your child – this is at bedtime and for the rest of the day!
- The more stressed you are, the more likely it is that your child's sleep (and your own) will suffer as a result. Try not to become stressed, anxious or worried about your child not meeting the suggested amount of sleep.
- If things aren't working, then **try something new**. But give things time – apply strategies consistently for at least 2 weeks before trying something new.

## Improving sleep: where to start

### Routine

Having a regular routine is one of the most straightforward ways to train all of our bodies to sleep well: children, teens and adults.

This means going to bed and getting up at the same time (or as close to it as possible) every day, even at weekends.

This is not something that will work for everyone – for example those who work night shifts.



**Where you can, lead by example.**

### Realistic bedtimes

You may need to adjust when you start your bedtime routine.

For example, if your child is unlikely to fall asleep until 11pm, starting any routine at 6.30pm is going to be **stressful, not successful**.



**Make sure your expectations are realistic.**

### Reduce the focus on sleep

Just like adults, kids can have trouble shutting their brains off for the night. Instead of insisting it is time to sleep, try to focus on **relaxation and calming**.

This can reduce the stress and anxiety associated with sleep.



**More on the importance of positive sleep associations later.**



## Bathtime

Having a hot bath 1-2 hours before bedtime can be useful, as it raises the body temperature, causing you to feel sleepy as your body temperature drops again.



**Research shows that sleepiness is associated with a drop in body temperature.**

## Limit screen time

This is something you have no doubt heard before, but what does it mean and why is this something that people say all the time?

There are a few reasons for this:

- Children and young people are more likely to **delay sleep** if they are caught up playing a game, watching TV or chatting to friends.
- They are more likely to have their **brains stimulated** by this content too.
- The light emitted by screens can seriously affect our and our children's **circadian rhythm**.



**Learn about the circadian rhythm further on in this booklet.**

## Exercise

Regular exercise is a good idea to help with good sleep but try not to do strenuous exercise in the 4 hours before bedtime.

Morning walks are a great way to start the day feeling refreshed!



**Where you can, walk with your child to school.**

## Use a sleep diary

This can be a useful way of making sure you have a record of sleep and wake times that you can refer back to. This can help you to highlight patterns and make links that you might not have done! Try using a sleep diary for a couple of weeks, then use it to review any progress that has been made.



**Don't get focused on clock-watching as part of this though as this can be counterproductive!**

## Pay attention to food

A healthy, balanced diet will go a long way to improving overall health as well as sleep. It is important to get the time right though!

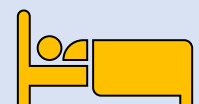
- An empty stomach at bedtime might keep us awake, so a **light snack** before bed can help.
- Eating a **big meal** soon before bed can **interrupt** sleep.



**More about foods for sleep further on.**

## The right space

A comfortable bed and bedroom are essential for a good night of sleep. It's also important to ensure the temperature isn't too warm – in fact a cooler (not cold) room is better!

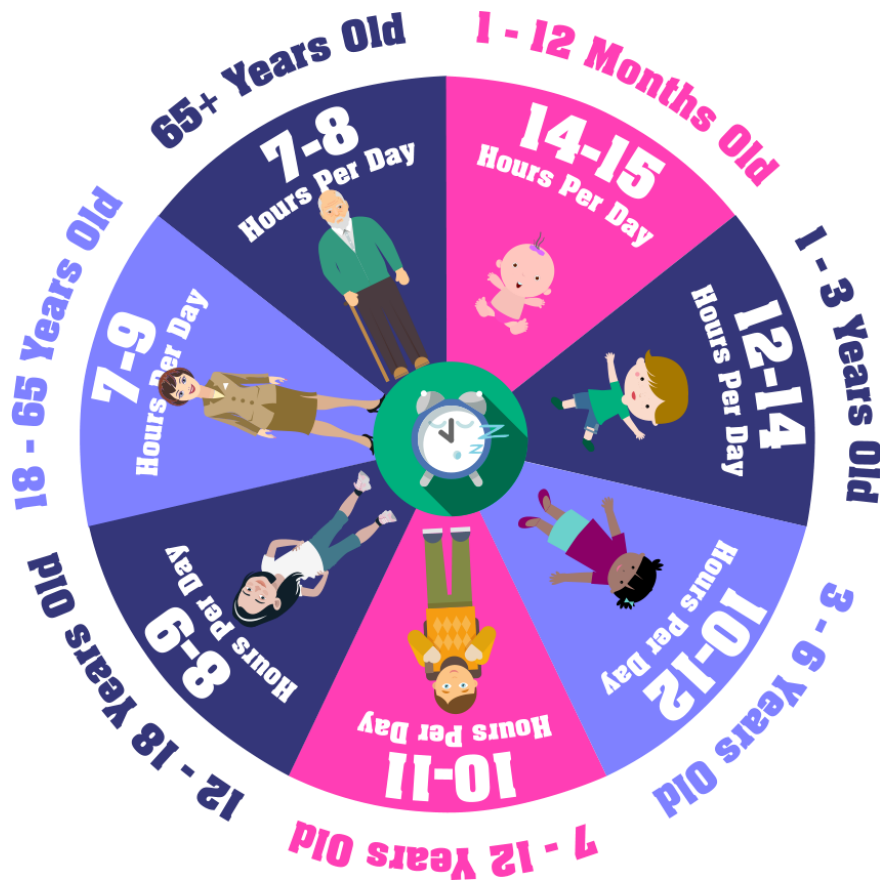


**We will cover the sleep environment further on.**

# How much sleep?

The below image comes from The Sleep Charity, who also emphasize that while there is guidance about sleep amounts there are no hard-and-fast rules.

"It's important to note that the hours are on the chart are a guide and it's more important to focus on sleep quality, not quantity, and establish a good bedtime routine. Just like adults, some children need more sleep, some need less."



Scan the QR code to...



**Read** about recommended sleep amounts

# Circadian Rhythms

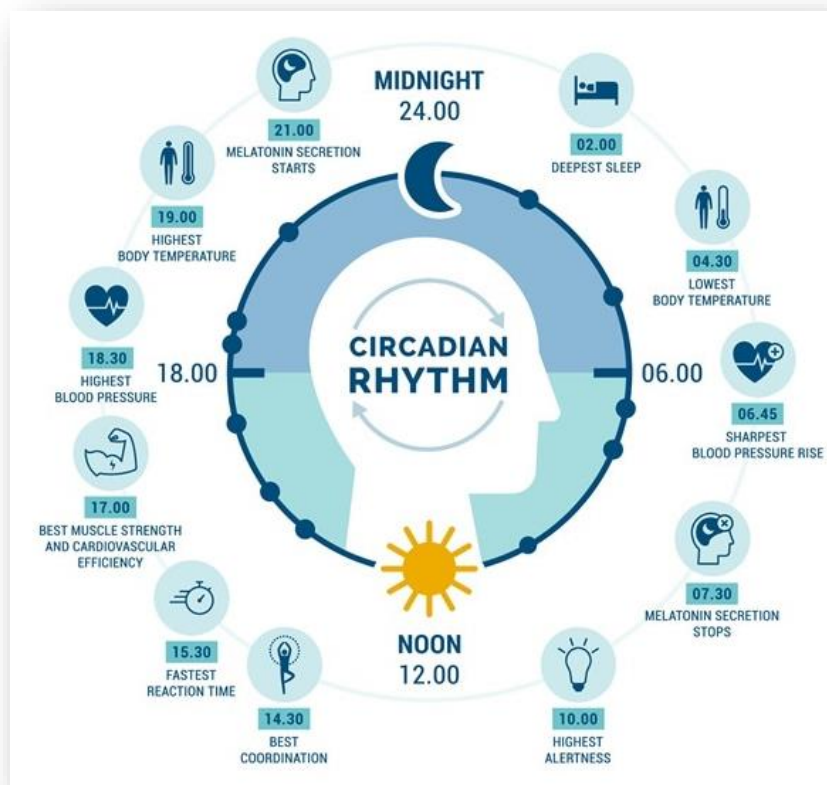
**Circadian rhythms are 24-hour cycles that run as part of our internal clock.**

These run in the background and regulate some of our essential functions and processes. This includes our sleep-wake cycle.

Different systems of the body follow circadian rhythms that are synchronized with a biological clock in the brain. This internal clock is directly influenced by environmental cues, especially light, which is why circadian rhythms are tied to the cycle of day and night.

**When properly aligned, a circadian rhythm can promote consistent and restorative sleep.**

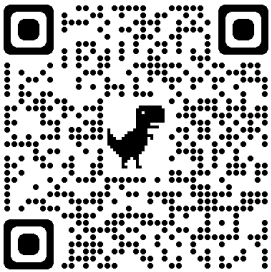
When this circadian rhythm is thrown off, it can create significant sleep problems, including insomnia. Research is also revealing that circadian rhythms play an integral role in diverse aspects of physical and mental health.



Scan the QR code to...



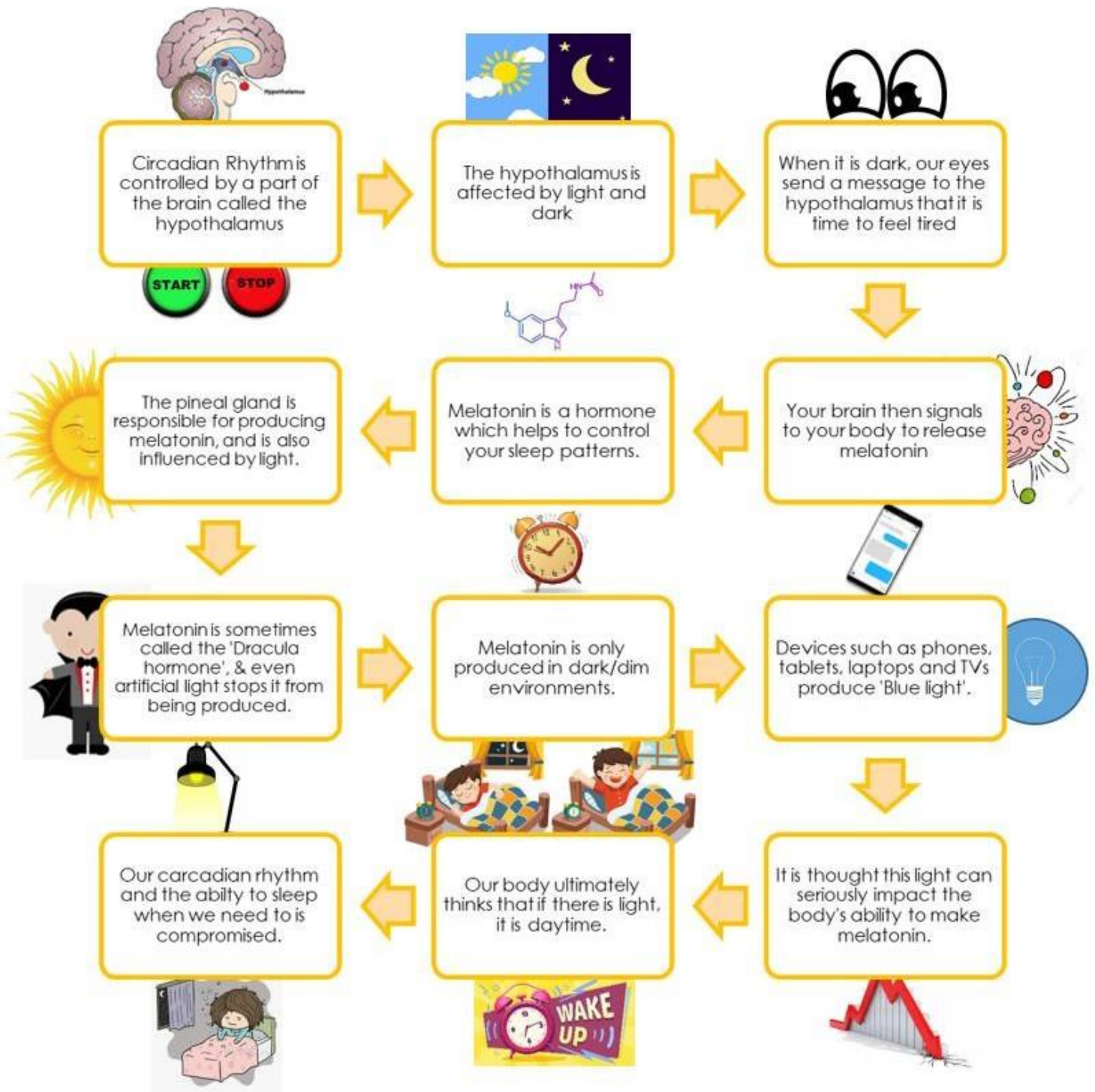
**Watch** 'Can you reset your Circadian Rhythm?'



**Read** about the Circadian Rhythm



# Circadian rhythm: How does the sleep / wake cycle work?



# How does it all fit together where sleep is concerned?

## The types, stages and function of sleep

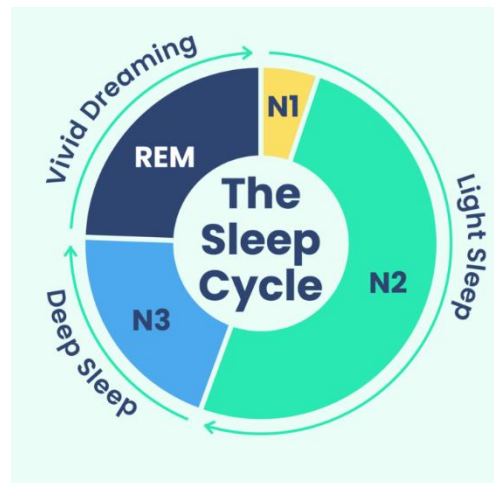
It's easy to think that our bodies and our brains are inactive during sleep, but this couldn't be further from the truth.

We sleep in cycles, and usually complete several sleep cycles every time we sleep.

Each stage has a different function, which we will explain in the following pages.

### Sleep stages & Cycles

The below image shows the various stages of each sleep cycle.



Typically, we go through between 4-6 sleep cycles a night which last on average 90 minutes. However, the length of each sleep cycle changes throughout the night. Initially our sleep cycles will be shorter, getting longer as we sleep.

Scan the QR code to...



**Read** more about the sleep cycle

## What do the stages of sleep mean and do?

There are **four sleep stages** all of which last different lengths of time.

Sleep stage	Type of sleep	Other names	Normal length
<b>Stage 1</b>	NREM	N1	1-7 minutes
<b>Stage 2</b>	NREM	N2	10-25 minutes
<b>Stage 3</b>	NREM	N3, slow-wave sleep (SWS), delta sleep, deep sleep	20-40 minutes
<b>Stage 4</b>	REM	REM sleep	10-60 minutes



### What is NREM and REM?

- NREM = non-rapid eye movement
- REM = rapid eye movement

The stages are explained in more detail on the next page.

Scan the QR code to...



**Watch** 'Understanding sleep cycles (and what to do when they're disrupted)'



**Read** 'About sleep cycles'

### **NREM Stage 1:**

This is the initial stage of light sleep.

During this stage:

- Heartrate, breathing and eye movements slow
- Muscles relax (but may twitch)
- Brain waves slow down

This is the stage we are most likely to be disturbed

### **NREM Stage 2:**

Period of light sleep before we enter deep sleep.

During this stage:

- Further drops in heartrate and breathing
- More muscle relaxation
- Body temperature drops
- Eyes stop moving
- Brain waves slow, but here are periods of increased activity

Sleeping in a cool room helps this stage

### **NREM Stage 3:**

This is the deep sleep stage. Longer periods of this stage happen earlier in the first half of the night.

During this stage:

- Heartrate and breathing are at their lowest levels
- Brain waves reduce further

This is the restoration stage: tissue growth and cell repair take place, energy is restored and hormones and released, such as those for growth

### **REM Sleep Stage 4:**

This usually happens around 90 minutes after falling asleep. Our eyes move from side to side while closed. Brain activity increases, breathing becomes faster and irregular heartrate and blood pressure increase to almost daytime levels. Most of our dreaming takes place in this stage of sleep.

**LIGHT SLEEP**

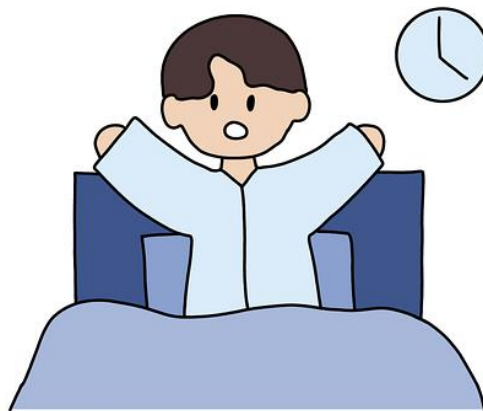
**DEEP SLEEP**

## How does age impact sleep cycles?

**As children get older, their sleep cycles will get longer.**

- **For children aged 3**, a sleep cycle will usually last around 1 hour.
- **By age 5**, sleep cycles will have matured to the length of an adults – around 90 minutes.

Children can briefly wake at the end of each sleep cycle and not be aware of it or remember it in the morning. This is totally normal. Some children may even call out at the end of a sleep cycle.



### **The importance of self-soothing and self-settling**

These brief moments of waking up between sleep cycles are why it is important to encourage your child to be able to self-soothe.

By being able to self-settle (fall asleep without you being there), your child should not be disturbed by the brief awakenings between sleep cycles. And it will mean you won't need to intervene!



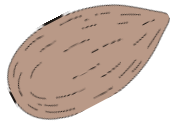
## Food and sleep

**We know that we need to eat healthy, balanced diets to keep our bodies and minds as well as possible, so the impact food can have on sleep will be no surprise!**

As you would expect there are foods that are good for sleep and foods that aren't so good. On the next page you will find information about sleepy and non-sleepy foods.

As with anything, there is no definite answer as to what could help you and your child with sleep. But, by being aware of the impact some foods can have, you can start to take notice how this might be impacting sleep for you or your child.





## Almonds

Almonds contain magnesium which aids muscle relaxation



## Bananas

Bananas are an excellent source of magnesium and potassium, which help to relax muscles. They also contain tryptophan which is important for sleep.

Blend one banana with a cup of milk or soy milk to make a bedtime smoothie.



## Porridge

Porridge is easy to prepare, inexpensive and keeps tummies full overnight. It's rich in calcium, magnesium, phosphorus, silicon and potassium. Instead of topping with sugar which can give an energy rush, try a small amount of chopped fruit or honey.



## Dairy products

Dairy products make great sleepy foods. Yoghurt, milk and cheese also contain tryptophan. Calcium is very soothing and can help to reduce feelings of stress, so it is true that a warm mug of milk can help you to sleep.

## Cherries



Cherries – particularly tart cherries – have been found to naturally boost the body's supply of melatonin.

Cherry juice can be found in most health stores but can be quite expensive.



## Non-sugary cereal

Cereal can be helpful as long as you avoid sugar-loaded cereals.

Complex carbohydrates-rich foods increase the availability of tryptophan in the bloodstream.



## Caffeine

Avoid anything containing caffeine e.g. chocolate, coffee and tea. Some herbal teas contain caffeine too.



## Sugar-filled foods

Sugar-filled foods are not helpful either, so biscuits, sweets, cakes should be limited in the run up to bedtime.



## Fizzy drinks & cordial

Fizzy drinks and cordials can aggravate the bladder causing wetting during the night.

Scan the QR code to...



**Watch** '6 foods that help you sleep'



**Read** 'Diet & sleep'

## Positive bedtime routines

**Bedtime routines create good sleeping habits and should be calming not stressful.**



**Consistency is key.** Therefore any bedtime routine should be easily completed, and take into account your household circumstances.

**A bedtime routine needs to be positive.** Remain calm. If you aren't calm, it is unlikely your child will be either.



**Give warnings that bedtime is approaching.** This can be verbally, or using other methods like timers, or sleepy music.

**Avoid using your child's bedroom as a punishment.** It is important that your child sees their bedroom as a calm and safe space.



**Give some choice to your child** about a calming activity to engage in as part of the routine.

**Use positive language** and thank your child for being helpful.





Instead of...

Try saying...

**'If you don't stop shouting I am not reading you a story!'**

'When you stop shouting, then I will read you a bedtime story!'

**'The TV is going off now whether you like it or not!'**

'When this programme is finished, then the TV is going off'

**'I'm sick of seeing you, get to bed!'**

'It is bedtime now'

**'You're having no more toys out until you tidy these up'**

'When you have tidied these toys away, then you can have the others out'

## Use the 'When-Then' Rule

This is a strategy which promotes positive communication with children, rather than using language than trying to 'make them' do something. It is shown in some of the examples above.

- **Start with 'when'**. Begin by saying 'when' followed by the task you want your child to do)
- **Follow-up with 'then'**. You can they say 'then' followed by the thing your child wants to do.
- **Non-negotiable**. By saying 'when', the task are asking your child to do is communicated as being non-negotiable: do not say 'if'
- **Stay on-point**. Keep it simple: make your when-then statement, and then stop talking to allow your child to consider what you are asking them

*stay calm, and don't shout.*

## Rewarding your child

- **Make sure your child knows** what you are rewarding
- **Verbally** give them praise, e.g. 'I like the way you are...'
- **Do not** give a reward and then take it away as a punishment
- **Do not** use sad faces or crosses if you are using a visual rewards system,
- **Give** the reward as soon as possible
- **Review** rewards regularly to ensure they continue to be an incentive for your child

# Things to consider when developing a bedtime routine

Ideally a bedtime routine should take around 20-60 minutes, and ideally results in your child going to bed while they are still awake to reduce their reliance on you to fall asleep.

## Who will carry out the routine?

- Will you take it in turns if you have a partner?
- Does anyone else need to know about it? E.g. babysitters, grandparents, non-resident parent.

If other people put your child to bed it is essential that they follow the same routine.

## What should the routine include?

- **Plan quiet time in the hour before your child goes to bed.**  
Activities such as music, stories, massage etc.
- **Hand-eye coordination activities help promote sleep.**  
Activities such as jigsaws, threading & colouring in.
- **Bath time should be carried out 30 minutes before you want your child to sleep.**  
The fall in body temperature following a bath helps them to fall asleep.
- **Does your child find bath time relaxing?**  
If not, you may wish to bathe them in the morning.
- **Would a transitional object help?**
- Use a transitional (comfort) object such as a teddy bear or a blanket.



## Where should the routine be displayed?

- **Where will you put the routine in your house?** It should be somewhere where it is accessible for all to see, e.g. Fridge door

## When is bedtime/wake time?

- **What time do you want your child to be in bed for?** Decide this first and then plan the routine from here.
- **What time is acceptable to start the day?** Anything before this agreed time should be treated as a night waking and not the start of the day.

## How will your child know what to expect?

- **A visual timetable can help them understand the routine.** There are lots of visual timetables available online.

Scan the QR code to...



**See** an example visual bedtime routine

The most important thing is to be consistent and reinforce the routine. This will boost your child's circadian rhythm into knowing it is time to sleep.

# Creating a calm bedroom

There are lots of ways to create a soothing, calming environment fit for sleeping.

## Colours

Use neutral, calming colours as bright colours can be over stimulating. Some colours are thought to bring out certain feelings or states in us.

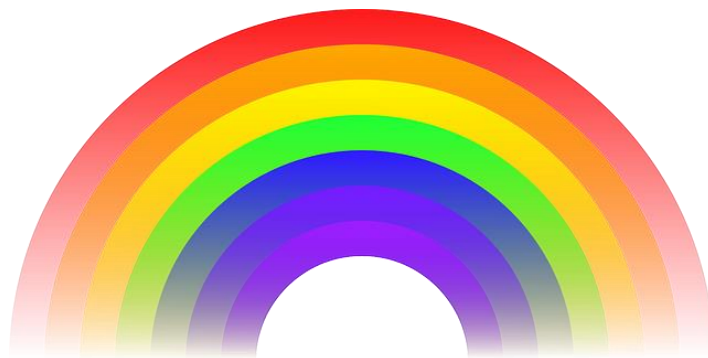
Color psychology is the study of how different colors affect human mood and behavior. It explores how colors can influence emotional responses, as well as how responses to color are affected by factors such as age and cultural background.

It is worth highlighting that colour psychology is by no means a science, and is likely impacted heavily by cultural and social factors.

Scan the QR code to...



**Read** about colour psychology



# Temperature

As we know from the section on our circadian rhythm, temperature and sleep are closely linked.

- Our temperature falls during certain sleep stages, and the amount of time we spend within these stages can also be impacted.
- If the room is too hot or too cold it can disturb sleep. Around 18 degrees is ideal. You may find it helpful to invest in a room thermometer.

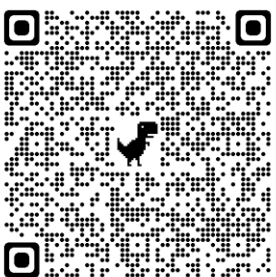


## Tips for regulating bedroom temperature:

- Reduce heat build-up during the day by closing blinds / curtains
- Sleeping downstairs during the summer
- Turning down central heat at night
- Increase ventilation by opening the windows
- Reducing sweating by using the best mattress, sheets, duvet, comforter, pillow, and pajamas for temperature regulation
- Taking a warm bath an hour or two before bedtime to encourage a natural cool-down effect

Did you know... You can use a hot water bottle in the summer months? Fill it with ice cold water, wrap in a towel and use to cool down the bed.

Scan the QR code to...



**Read** about temperature & sleep

# Screens

Make the bedroom a screen free zone!

Thinking back to the Circadian Rhythm again, watching television, using laptops or mobile phones may suppress the production of melatonin, the sleep hormone, and make it more difficult to fall asleep.



If your child uses a screen to help them sleep, then consider replacing it with a calming bedtime activity as part of your bedtime routine.

## Some calming bedtime activities:

- Bedtime stories
- Yoga and stretching
- Jigsaws
- Building blocks
- Play dough
- Colouring
- Dot to dot
- Counting
- Audio books
- Saying 'goodnight' to teddies

Try... Making a menu of bedtime activities that your child can pick from



# Noise

This isn't much of a surprise but noise has a huge impact on everyone's ability to sleep! Too much noise can make it difficult to fall asleep, and noise while we are asleep can increase production of cortisol (the stress hormone) and adrenaline (the hormone responsible for an increase in blood to the muscles and brain making us more alert).



## Tips for reducing noise:

- Soft surfaces such as cushions, curtains and rugs which can absorb some sounds unlike hard surfaces.
- Seal any window gaps to prevent noise coming in from outside.
- Limit electronics in the room or close by that could be disruptive to sleep. For example, running a noisy washing machine at night! Turn off any alerts on phones or devices.

## Sleep-inducing sounds

However, having highlighted the problems with noise at bedtime, there are also ways to harness the power of noise.

You may think that your child's bedroom needs to be silent, but you'd be wrong. Most babies have listened to so much noise in the womb (heartbeats, digestive noises, breathing, voices) that the last thing they are used to is no noise at all!

- Huggies

While the above refers to babies, this can be true for children, teens and adults too.

White noise can be helpful to aid sleep, and there are a variety of apps that offer this – even ones that might work through a smart speaker.

Scan the QR code to...



**Read** about white noise

## Distractions in the bedroom

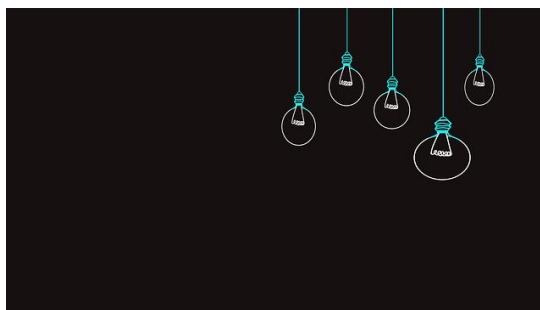
You may find it helpful to put toys away or cover them at night time so they don't distract. This might be particularly helpful for the lighter summer nights.

Try and encourage older children not to complete school work on their bed, and ensure anything is packed away at night.



## Light and dark

We know our circadian rhythm is impacted by light and dark. The dark can increase melatonin production which helps us feel sleepy. Consider blackout blinds or curtains during the summer months to aid falling asleep and avoid early waking.



However... Some people (children **and** adults) prefer some light at night time.

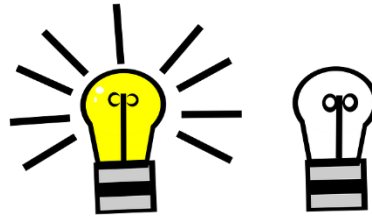
It can also be disorientating for those with visual and / or hearing impairments to be in total darkness.

A soft glowing night light that is safe to have on all night can help.

## Consistency

Keeping the conditions the same throughout the night is important. If your child wakes up in the night, we want them to be able to self-soothe to fall back to sleep which might be difficult if they are soothed by a night light or a calming sound.

If you leave a light on, keep it on all night.



## Comfort

The bed, mattress and pillows are all important for sleep quality. And we are all different.

- You might like a soft bed but your child prefers something firm
- You might prefer a light sheet but your partner can't sleep without the weight of the duvet on them

Consider the texture, material and even the sound pillows, sheets, blankets and bed clothes make.

## Sleep positive

As tempting as it can be, don't use your child's bedroom as a punishment. Similarly don't use an early bedtime to punish either.

Sleep and the sleep environment should have positive associations.



## Common problems and simple solutions

### Warning: ‘simple’ doesn’t mean ‘quick’

Making lasting change where sleep is concerned will take time, patience, and commitment. You need to approach this knowing that there are things that can be done (starting now!) that can make a huge difference over time.

Before you start.

- **Don’t pressure yourself by thinking “My child must sleep through the night”.** Instead, remember that the key is to develop and establish a routine, and apply this consistently.
- **Start small, take small steps and recognise the small progress you make.** We are aiming for good, healthy sleep habits and associations to develop.

### What are sleep associations?

**Sleep associations** are any action that helps your child fall asleep. We all have sleep associations whether we realise it or not.

**Positive sleep associations** are those which do not require input from anyone else – basically they don’t require you to do something for your child to fall asleep.

**A negative association** would, for example, be that your child needs you next to them until they fall asleep, or following waking in the night they can only fall back asleep next to you in your bed.

## Behavioural sleep issues

Many sleep relating problems that occur in children are behavioral and can be something that present early on in childhood or because of something changing – that can be a holiday, a new home, being ill, family upset and stress, hospital stays or relating to school.

The next few pages will outline some of the techniques that can be used to promote good sleep associations for particular issues.



**Remember: there is no one-size-fits-all.**

Whichever of these techniques you use, it is common for a child to start to improve and then for their sleep behaviour to get worse, before getting better again. It is important to be firm and stick to the routine, otherwise your child will continue to have bad habits, which may result in constant attention-seeking and postponement of bed times. Changing bedtime habits might take a while, but if you persevere it can have great benefits for everyone.

- Contact

## Issue 1: Excessive crying at bedtime

### Why can this be so difficult?

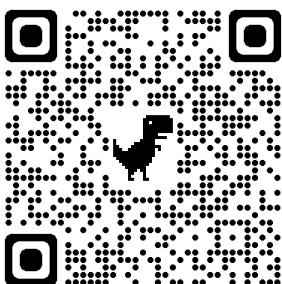
Knowing whether your child is crying due to being distressed or because they want attention means that this can be particularly difficult, especially if they can't communicate their needs with you by talking.

It can be incredibly hard to leave your child to cry, but it is important to recognise that if you go to them as soon as their crying starts, they can soon see that this is a way to avoid bedtime, as well to get your presence and attention. This means it can quickly become a regular occurrence.



**Contact**, an organisation who support families with disabled children, have produced a guide which gives advice about sleep issues. The information below is informed by that and therefore can apply to children and young people with additional needs.

Scan the QR code to...

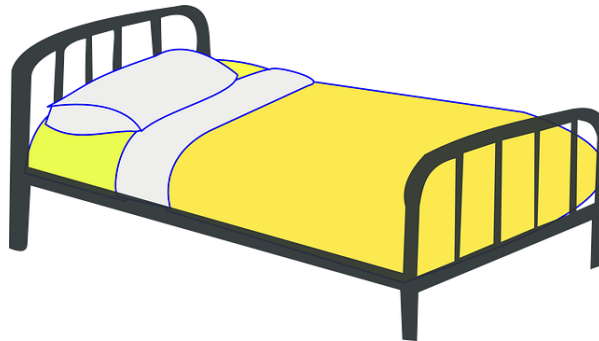


**Read** 'Helping your child sleep: information for parents of disabled children' from Contact



## Contact highlight that...

- Children with limited or difficulties with communication difficulty may cry to indicate they are too hot, cold, thirsty, hungry, uncomfortable, unwell. These are all things that will prevent them sleeping if not responded to.
- Children with sensory needs and learning disabilities may mean that your child is too anxious to be alone, or they don't understand it is night and they need to sleep.
- Children who may respond by injuring themselves may not be safe to leave.

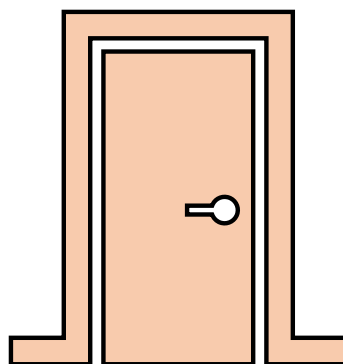


## Method: Gradual retreat

**This method focuses on reducing the need for you to be present.**

### What to do

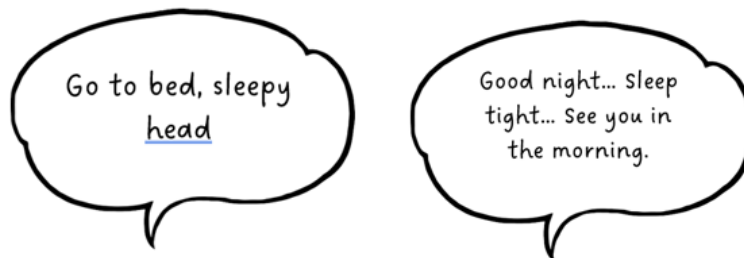
- If your child starts to cry, go in after 2-5 minutes (less if the crying upsets you).
- Gently but firmly resettle them with as little touching as possible and repeat your 'goodnight phrase'.
- Leave again.
- If the crying persists, go back at regular intervals of 2-5 minutes and go through the same resettling routine.
- You may have to go in many times to begin with but this will lessen each time until your child eventually falls asleep on their own.
- If your child comes out of the bedroom take them immediately back to bed without giving eye contact or talking and gently but firmly resettle them.
- Repeat their 'goodnight phrase' and leave again.
- If they come out again, just repeat this.



## What is a goodnight phrase?

This can be something you add into your bedtime routine – for example “goodnight, sleep tight, see you in the morning”.

Repeating the same phrase at bedtime will help your child understand it is time to settle down and go to sleep.



If your child is used to you being in their room while they go to sleep...

**Remember – the intention is to build positive sleep associations.**

Your child may get very distressed if they are used to having you in the room while they sleep, so it is best to give them the opportunity to adapt to you not being there.

- Initially, sit alongside them, but avoid getting into bed or cuddling them to sleep.
- Try to avoid eye contact and any conversation.
- Every few days gradually increase the distance between you and your child: sit by the bed, then a bit further away, stand in the door, then stand outside the door.
- Do this until your child no longer needs you to be there for them to fall asleep.

## Issue 2: Prolonged night-time awakenings

### **This method focuses on improving your child's ability to self-soothe.**

It is normal for brief awakenings to happen throughout the night – this is largely unnoticeable and, in some part, down to the move from one sleep cycle to the next.

- When these are brief, and your child can drift back into sleep again on their own, this is not a problem.
- This becomes a problem when your child begins crying or leaving their bed to come to you.
- What we need to do in this instance is improve the child's ability to self-soothe. This means their ability to fall asleep without you having to intervene.

### **What helps with increasing the ability to self-soothe?**

#### *Bedtime routines.*

- Establish a consistent bedtime routine where you do the same things at the same time every night in the run up to bedtime.
- This should take 20-60 minutes and will help your child, over time, develop positive sleep associations which will encourage them to fall asleep.
- This should be a calm, happy and positive time.
- No screens!

*By developing a positive sleep association through having a consistent bedtime routine, you will slowly decrease the reliance on you to soothe them and they will be able to soothe themselves.*

## Setting wake-up times

- Consistent waking up times – every day of the week.
- For very young children (4 and under), any nap times should have consistent wake up times as well.



## The bedtime environment and security objects

- If your child falls asleep with a nightlight, this should remain on throughout the night. Doing this will ensure they feel more secure should they wake.
- A soft toy or a blanket can be used to help them self-soothe without the need to have you intervene.



## Positive reinforcement

- Set out a rewards system for them spending the whole night in bed. Use of sticker charts is a common approach, with an agreed treat once so many stickers have been received.
- However, don't be fooled into thinking that stickers will work with every child – you will need to work with your child to find out what they want to work towards in order to give them motivation.
- Be consistent in how you reward – don't be tempted to give in!

## Issue 3: Bedtime refusal and resistance

This can present as active refusal to go to bed or verbal protests as well as the more subtle delay tactics.

“I’m hungry!”

“I’m thirsty!”

“I’m scared!”

It might be the time they decide they want to tell you about what has happened at school, or even discuss the meaning of life.

Ways your bedtime routine supports with this:

- Include a small bedtime drink (avoiding caffeine and sugar for obvious reasons!), and a light snack. This will help mitigate the hungry/thirsty protests.
- The use of positive reinforcement techniques gives more consistently. Recognise and respond to the behaviour you want to see more of, and don’t engage with the behaviour you don’t want to see.

### Other things that help

#### Boundaries

- Set them. Stick to them. Be consistent!
- Make it clear that this is the time for bed.
- If you need to return them to their bed, do this with as little fuss as possible. Avoid eye contact and conversation other than the good night phrase. Gently but firmly resettle them in bed.



## Don't engage in delay tactics.

- It can be tough to shut down conversations with our children at bedtime – we have busy lives and often other commitments and responsibilities (work, family members) can leave us wanting to make the most of any time we have with our kids.
- But remember – your child has had ample opportunity to talk to you about their day either before or during your bedtime routine.
- It can be easy to feel guilty about not engaging in this, but reassure your child that you are happy to listen to them any other time – just not bedtime!



## Consider if the issue might be too much time in bed.

- Just as exhausting as a child who won't sleep at night is a child who wakes up too early. This can be a sign that your child's sleep window needs to be adjusted! This can also show as bedtime resistance and other struggles.
- Try delaying bedtime. This can be done in small increments of 15 minutes every few nights.



## Issue 4: Sleep-related anxiety

If there is an issue with your child and sleep that is having a negative impact on you and your household, it is likely that your child will pick up on this. This means that the very act of sleep itself may have heightened emotions associated with it, making successful sleep more difficult.



There also might be a genuine fear. There are things you can do to help soothe any real fears your child might have about sleep, the dark and the dreaded monster under the bed.



### Things that might help

#### Pinpointing the fear

- If you can understand why your child feels scared, you can work with them to figure out how to overcome it.
- Some creative collaboration could help – for example using a nightlight or making some 'stay-away monster' spray

## Look at the bedroom layout

- Are there shadows that appear in certain parts of the room that they are fearful of?
- Is there somewhere in the room which is more dark than other places? Would a nightlight help?
- Move the bed to another part of the room. Try getting your child to sleep the opposite end of the bed!
- If your child has a nightlight, assure them you will leave it on all night.
- Leave their door open.

## Reduce the focus on sleep

- If sleep is an emotive issue in your household it is possible that this will heighten any anxiety your child has about achieving sleep.
- Make relaxation a key focus in your bedtime routine
- Try a guided meditation (you can find clips on YouTube)
- Use progressive muscle relaxation
- Be as easy-going and relaxed about sleep as you can. That way the less likely it is that sleep itself becomes the monster under the bed for your child.

Scan the QR code to...



**Watch / listen** 'Calm your body' progressive muscle relaxation

## Issue 5: fears and nightmares

**Nightmares are a common occurrence for children and young people and even for adults.**

They can be a response to worries, changes, a new sibling, a new school, a trauma... the list is endless.



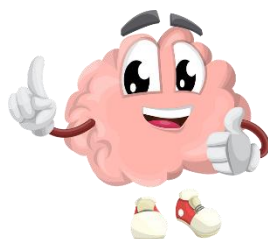
**We can't prevent them.**

But what we can do is help children (whether they are pre-schoolers or teenagers!) manage the associated feelings that come along with them.

**What can help?**

Help your child recognise that they are in charge of their brain – not the other way round. Teach them how to not get tricked by their worry brain.

- You can do this by explaining to them how worry can trick us into thinking things are big, scary and impossible to overcome (it likes to exaggerate and catastrophize).
- Explain that our worry brain makes up stories for situations that are safe – things like turning a pile of clothes into monsters, or making us think that a sound outside is someone trying to break in.
- Your child can then take charge of their worry brain, and use their smart brain to test their fears instead of trusting them.



Scan the QR code to...



**Read** Helping your anxious child overcome bedtime fears

## 10 tips for dealing with bad dreams

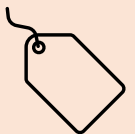
### 1. Listen and understand

- **Try to understand** the fears instead of dismissing them.
- **Show empathy.** Instead of 'why do you feel scared?' which might make them feel the need to justify their fears, try saying 'I know you're feeling scared'.



### 2. Label it as a bad dream

- **Explain to your child** it was a bad dream, it isn't real and they are safe.



### 3. Encourage self-soothing

- **Use objects for this** – a cuddly toy, a blanket... Anything that you have already identified as being soothing for your child where sleep is concerned.



#### 4. Set limits for giving reassurance



- **Don't ruin work already done!** Be mindful not to reinforce 'being scared' behaviour and encouraging bedtime resistance.
- **Work with your child** to overcome their fears in relation to nightmares and the dark.

#### 5. Use a nightlight



- **Use a nightlight** if a pitch-black room is causing issues. Nothing too bright!
- **Try leaving the door open** with the bathroom / landing light on.
- **Lava lamps** can help too – your child may like to watch this while they fall asleep!

#### 6. Be creative



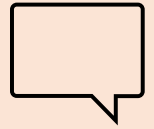
- **Draw the monster.** If your child has a dream with a specific monster, get them to draw it and then make it look silly: add tutu's, silly glasses... whatever makes them giggle.
- **Have 'monster spray' on hand** – this can be a spray bottle filled with water and maybe a soothing fragrance (lavender for example).
- **Use a 'dreamcatcher'** above their bed and explain what this is for
- **Encourage them to imagine** a different ending to their dream.

Scan the QR code to...



**Watch** 'From nightmares to peaceful sleep' (Dream Completion technique)

## 7. Discuss their fears in the day



- **Allow time to listen to your child's fears about their nightmares and their worries.** During the day you can spend more time with your child on the next step: labelling and fact-checking their worries.

## 8. Separate your child from the worry and fact check



- Help your child view worry as a choice that they don't have to make. "First, tell me what worry is saying to you. Then tell me what you think."
- **Label the worry** and then ask questions such as:
  - how true do you think that is?
  - what do you really think is going to happen?
  - do you believe it,?
  - why or why not?
  - if worry were taking a test at school would the teacher mark that answer right or wrong?
  - what does your smart brain say about ...?
- **The aim is to get them to see that just because the worry is there, it doesn't mean they have to believe it.** They can choose to believe what other parts of their brain are saying.

## 9. Teach coping skills

Let them know how you have dealt with something that you have been afraid of. Use coping role models from stories where characters have overcome fears.

## 10. Make the dark fun

For younger ones, be creative in the dark outside of bedtime:



- **Hold bedroom camping trips** complete with torches.
- **Have a treasure hunt in the dark**, or hide glow in the dark items in their room and get them to find them;
- **Get your child to be a 'tour guide'** – either in their bedroom or another room: in the dark they can point out the light switches to you and show you how they work.



# Sleep & Autism

Studies suggest that 40-80% of people on the autistic spectrum have sleep problems. However, this doesn't mean that all autistic people do.

There are various reasons Autistic children and young people may struggle with sleep due to:

- Learnt behaviours – not knowing when and how to fall asleep.
- Missed social cues – where an autistic person doesn't make the connection between others in the house going to bed and their own need to sleep.
- Adherence to routines and repetitive behaviours.
- Sensory reasons, such as finding certain noises disturbing or frightening. Also increased sensitivity to blue light from smart phones, laptops and other screens, or sensitivity to certain sounds or white noise, which may be upsetting or distracting and keep them awake.
- Use of electronic devices, such as computers, as part of the bedtime routine.
- Night time waking, or having difficulty getting back to sleep after waking up to go to the toilet.
- Difficulty settling, winding down and going to sleep due to “active mind” with “racing thoughts” and the inability to unwind and let thoughts go.
- Increased anxiety and inability to relax causing insomnia
- Neurological conditions such as epilepsy
- Coexisting developmental conditions, such as attention deficit hyperactivity disorder.
- Abnormal circadian rhythm (body clock) or Irregular secretion of the sleep hormone melatonin,
- Side effects of medications, such as stimulants.
- Medical problems, such as reflux and constipation.
- Dietary problems caused by food allergies, which could cause gastrointestinal issues and discomfort, or increased sensitivity to caffeine or other stimulants, which can disturb sleep.
- Hypersomnia - sleeping too much. Increased exhaustion could be caused by the additional stress autistic people experience in social situations.

Scan the QR code to...



**Read** about sleep & autism

The initial ways to help autistic children, young people and adults overcome sleep difficulties are those typically suggested for most people.

- ✓ Bedtime routine
- ✓ Reduce distractions (noise, light, screens)
- ✓ Paying attention to worries and fears
- ✓ Health issues

Where possible, identify and eliminate these problems before trying anything else.

As with the advice in the rest of this guide, try using a sleep diary to identify patterns and identify what factors may be impacting sleep, as well as to monitor the impact any new strategies or techniques.

Scan the QR code to...



**Read** 'Positive sleep practices' – includes an example sleep social story

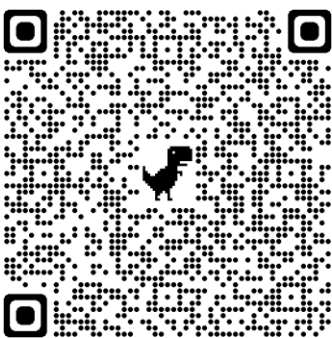
## Consider sensory needs

Make the bedroom comfortable for your child and any sensory needs they may have.

- **Block out light** using dark curtains or black-out blinds.
- **Reduce noise** using thick carpet, shutting doors fully, turning off appliances, and moving your child's bed away from a wall with activity going on on the other side.
- **Block out noises** by letting the person use ear plugs or listen to music through headphones.
- **Remove labels** from bedding and night clothes, or try bedding and nightclothes made from other materials.
- **Reduce smells** coming into the room by closing the door fully, or by using scented oils that the person finds relaxing.
- **Remove distractions**, such as toys on the bed and pictures on the wall (unless the person finds these relaxing) and consider a different colour on the walls.
- **Use relaxation techniques** such as having a bath, massage, quiet time or gentle exercise such as yoga, to help the person wind down before bedtime.
- **Use social stories** to explain sleep.
- **Consider if** there are dietary issues which are causing discomfort.

Medication is beyond the scope of this guide and should be discussed with a relevant medical professional if you feel this is impacting on your child's ability to sleep.

Scan the QR code to...



**Read** about Social Stories and comic strip conversations

## Sleep & ADHD

**The very nature of ADHD can mean that calming bedtime routines are difficult.**

Finding the right methods and techniques for your family and young person will be key. However, rest assured that many of the techniques and ideas given throughout this guide can still be used.

Scan the QR code to...



**Read** 'Sleep Seekers' – a guide about sleep & ADHD

### Some suggestions...

- Exercise can improve sleep, but strenuous exercise should be avoided a few hours before bedtime
- Establish a consistent bedtime routine – same bedtime and wake time each day of the week
- Avoid screens before bed, removing these from the room if needed
- Using a sleep diary to help identify what issues there may be: seeing any patterns and knowing where the problem lies means you can start to consider possible solutions.
- Food and drink is covered earlier in this guide. Refer back to this section. This is where a sleep diary can be helpful as you may notice patterns in what your child has eaten and bedtime difficulties. Avoid your child having a heavy meal too close to bedtime.
- Adjust the bedroom environment – moving or hiding toys, making changes to

lighting or noise levels & checking the temperature is comfortable.

- Give clear instructions to your child
- Be positive in your interactions – praise, encourage and reward the behaviour you want to see more of

Medication is beyond the scope of this guide and should be discussed with a relevant medical professional if you feel this is impacting on your child's ability to sleep.

## Teen sleep

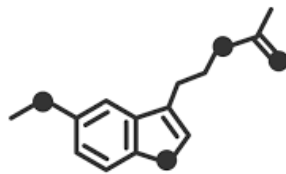
**Are you finding that your teenager is going to bed later and later, and being more and more difficult to get up?**

**There is a reason for this!**

It is easy to attribute late nights and lie-ins to teenage rebellion, or even another way of trying to fit in with peers. However, this isn't necessarily the case.

Research suggests that **hormones influence teenage sleep patterns**, meaning their circadian rhythm (body clock) is altered (see previous section on this!). This leads to a physiological desire to stay awake later at night and sleep longer in the morning.

MELATONIN STRUCTURE



**Teenagers' melatonin secretion starts later at night** than it did in earlier childhood. We know melatonin has an important part to play in our circadian rhythm. Also, **the teenage brain** is starting to mature during puberty, meaning that they can stay awake for longer.

**So a change in sleep behaviour such as going to bed later isn't a sleep problem – it's a biological one!**

Scan the QR code to...



**Read** about sleep & teenagers

## Getting the 'right' amount of sleep

Teenagers still need the same amount of sleep, but the shift in their body clock wreaks havoc on their ability to follow conventional sleep-wake patterns.

Research indicates that teenagers can achieve the required amount of sleep they need, albeit at an altered time. The altered timings then become an issue when they need to get up early for school the next day and haven't been able to get the amount of sleep they need, resulting in increased feelings of fatigue.

Ironically, being overtired can make sleep more difficult. A vicious cycle!



### Supporting and helping your teen with sleep

- **Explain** how their circadian rhythm works & what affects it (use the earlier section on this!)
- **Talk** to them about sleep hygiene.
- **Model** healthy sleep habits yourself.
- **Listen** to them about their difficulties – whether that is with sleep or something else.

## What else can help?

- **Fixed morning routines**, try not to allow too late a lie-in at weekends. We know that regular sleep/wake cycles help maintain structure.
- **Exercise** more in the day as this promotes cardiovascular health and creates dopamine in the brain which aid sleep later in the day.
- Take **warm baths** at night.
- Do gentle **stretches** before bed.
- **Read** a book before sleeping.
- **Write** a 'to do' list before bed.
- **Avoid** smartphone use up to one hour before bed.
- Make the bedroom a **relaxing** place to be - avoid having a TV in the bedroom or other devices which emit blue light.

## What doesn't help?

- It's easy to turn to **energy drinks** and sugary snacks in order to fend off fatigue, but this can make it harder to sleep or increase the likelihood of restless sleep
- **External stress and pressures** such as exams and deadlines
- Day time **napping**
- **Screen time just** before or while in bed
- Bedroom **temperature** being too hot or cold

Scan the QR code to...



**Read / Listen** about Teens & Sleep



## Additional resources

Web MD Sleep disorders resource centre

<https://www.webmd.com/sleep-disorders/default.htm>

7 Discipline Strategies for Bedtime Behavior Problems

<https://www.verywellfamily.com/discipline-strategies-for-bedtime-behavior-problems-1094951>

'My Mind' sleep resources for children, young people and parents/carers (Cheshire & Wirral CAMHS)

<https://www.mymind.org.uk/resources/lifestyle/sleep>

'Helping your disabled child sleep' – Scope

<https://www.scope.org.uk/advice-and-support/help-disabled-child-sleep/>

Sleep health foundation Website (Australian website)

<https://www.sleephealthfoundation.org.au/>

Sleep Scotland

<https://www.sleepscotland.org/>

The Children's Sleep Charity

<https://www.thechildrenssleepcharity.org.uk/>

'Helping your child sleep' – Contact

[https://contact.org.uk/media/389272/helping\\_your\\_child\\_sleep.pdf](https://contact.org.uk/media/389272/helping_your_child_sleep.pdf)

Brain basics – understanding sleep (NIH)

<https://www.ninds.nih.gov/Disorders/patient-caregiver-education/Understanding-sleep>

## Full links for the QR codes within the guide

The 7 Reasons Your Kid Needs Sleep

<https://www.parents.com/health/healthy-happy-kids/the-7-reasons-your-kid-needs-sleep/>

10 commandments of sleep

[https://www.youtube.com/watch?v=DkmCDo3DQ\\_M](https://www.youtube.com/watch?v=DkmCDo3DQ_M)

Sleep hygiene

<https://www.cci.health.wa.gov.au/~media/CCI/Mental-Health-Professionals/Sleep/Sleep---Information-Sheets/Sleep-Information-Sheet---04---Sleep-Hygiene.pdf>

How much sleep does my child need?

<https://thesleepcharity.org.uk/how-much-sleep-does-my-child-need/>

Can you reset your circadian rhythm?

<https://www.youtube.com/watch?v=A198TdrknsC>

What is the circadian rhythm?

<https://www.news-medical.net/health/Circadian-Rhythm.aspx>

Stages of sleep

<https://www.sleepfoundation.org/stages-of-sleep>

Understanding sleep cycles (and what to do if they're disrupted)

<https://www.youtube.com/watch?v=iqjGf9AmVWQ>

Sleep & sleep cycles (babies, kids, teens)

<https://raisingchildren.net.au/newborns/sleep/understanding-sleep/about-sleep#:~:text=In%20the%20early%20childhood%20years,length%20of%20about%2090%20minutes.>

6 foods that help you sleep

<https://www.youtube.com/watch?v=n804iflkIGw>

Diet and sleep <a href="https://thesleepcharity.org.uk/information-support/children/diet-sleep/">https://thesleepcharity.org.uk/information-support/children/diet-sleep/</a>
Bedtime routine chart <a href="https://www.rewardcharts4kids.com/wp-content/uploads/2010/05/bedtime-routine.webp">https://www.rewardcharts4kids.com/wp-content/uploads/2010/05/bedtime-routine.webp</a>
Colour psychology: does it affect how you feel? <a href="https://www.verywellmind.com/color-psychology-2795824">https://www.verywellmind.com/color-psychology-2795824</a>
The bedroom environment <a href="https://www.sleepfoundation.org/bedroom-environment">https://www.sleepfoundation.org/bedroom-environment</a>
White noise <a href="https://www.sleepfoundation.org/noise-and-sleep/white-noise">https://www.sleepfoundation.org/noise-and-sleep/white-noise</a>
Helping your child sleep <a href="https://contact.org.uk/wp-content/uploads/2021/03/Helping-your-child-sleep.pdf">https://contact.org.uk/wp-content/uploads/2021/03/Helping-your-child-sleep.pdf</a>
Calm your body with this progressive muscle relaxation (PMR) exercise <a href="https://www.youtube.com/watch?v=aF4H0oAiDSQ">https://www.youtube.com/watch?v=aF4H0oAiDSQ</a>
Helping your anxious child overcome bedtime fears <a href="https://www.psychologytoday.com/gb/blog/worry-wise/201503/helping-your-anxious-child-overcome-bedtime-fears">https://www.psychologytoday.com/gb/blog/worry-wise/201503/helping-your-anxious-child-overcome-bedtime-fears</a>
From nightmares to peaceful sleep with the dream completion technique <a href="https://www.youtube.com/watch?v=swrNRAISZgM">https://www.youtube.com/watch?v=swrNRAISZgM</a>
Sleep & Autism <a href="https://www.autism.org.uk/advice-and-guidance/topics/physical-health/sleep">https://www.autism.org.uk/advice-and-guidance/topics/physical-health/sleep</a>
Positive sleep practices <a href="https://www.autismspectrum.org.au/uploads/documents/Fact%20Sheets/Autism-Advisor-Fact-Sheets/Autism_Advisors_Positive_Sleep_Practice.pdf">https://www.autismspectrum.org.au/uploads/documents/Fact%20Sheets/Autism-Advisor-Fact-Sheets/Autism_Advisors_Positive_Sleep_Practice.pdf</a>

Social stories and comic strip conversations

<https://www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools>

Sleep seekers: living with ADHD 24/7

<http://www.addiss.co.uk/sleepseekersbooklet.pdf>

Sleep and teenagers

<https://raisingchildren.net.au/teens/healthy-lifestyle/sleep/sleep-teens>

Teens & Sleep

<https://www.sleepfoundation.org/teens-and-sleep>

# Sleep Diary

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bedtime Routine	What time did this start							
	What did this include							
Food / drink before bed	What							
	When							
Times	First put to bed							
	Time fell asleep							
Disturbances	Number of times awake/out of bed							
	What I did							
	Triggers for disturbance							
Next day	Time woke (morning)							
	Rate tiredness (5 = very tired)							
<b>Other comments / observations</b>								

