

Top 10 Tips:

To encourage good sleeping habits for your child



1. Spend time outside

During daylight hours, spend time outside as it enables the body to create Melatonin which will help your child to sleep.

2. Stay active

Physical exercise can help rid the body of tensions and stress. Being active also burns off excess energy so that your child can fall asleep with ease at bedtime. Avoid napping or dozing during the day.

3. Implement a routine in the evenings

Complete homework with your child and organise their bag for the following school day with them. Dinners should be eaten early enough so that they digest the food before bed.

4. Avoid caffeine

Any drinks and food that contain caffeine should not be given to your child after 4pm, so avoid items like chocolate and fizzy drinks.

5. Set a bedtime routine

Set a nightly bedtime routine and stick to it so that you give your child structure.



6. Make bedtime fun

Choose a relaxing activity such as listening to music, singing or reading before putting your child to bed.

7. Countdown to bedtime

Give your child a 10 minute warning and then use this time as a wind-down period.

8. Use relaxation techniques

Children with ADHD may suffer from separation anxiety at bedtime. To help your child relax, try calming techniques such as deep breathing or massage.

9. Avoid late nights and long lie-ins

During the weekend it is tempting to have a long lie-in but avoid this as it impacts on their routine and body clock, which can effect sleep during the school week.

10. Keep a sleep diary

Keep a daily log of your child's sleeping habits and include when your child goes to sleep, when they wake up and whether they sleep during the night. If you suspect your child is having serious sleep problems, talk to your doctor about getting a sleep evaluation.