

Guidance for establishing a good sleep hygiene:

- Having a regular time to go to sleep and wake up.
- Having a predictable and consistent night-time routine.
- Making sure children and young people are in natural daylight for at least half an hour- particularly in the morning.
- Making sure children and young people get enough exercise during the day.
- Older children should avoid napping in the day.
- Avoiding caffeine, particularly in the afternoon.
- Turning off computer screens or other devices at least an hour before bedtime. Blue light from TVs, tablets and mobiles excite the brain and interfere with the sleep hormone levels, preventing the brain from feeling sleepy.
- Having low lighting and a quiet space in bedrooms.
- Avoiding checking devices, particularly in the middle of the night.
- Supporting children and young people to develop positive coping strategies for regulating their emotions and managing their stress levels.

How much sleep does my child need?

Every child differs and ultimately, you know your child best. Below is the recommended hours for a 'typical' child.

(Taken from the NHS website)

Babies (4 months to 12 months)	12-16 hours including naps
Toddlers (1 to 2 years old)	11-14 hours including naps
Children (3 to 5 years old)	10-13 hours including naps
Children (6 to 12 years old)	9-12 hours
Teenagers (13 to 18 years old)	8-10 hours

Useful Websites:

<https://www.mentallyhealthyschools.org.uk/risks-and-protective-factors/lifestyle-factors/sleep/>

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

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

<https://www.gosh.nhs.uk/conditions-and-treatments/procedures-and-treatments/sleep-hygiene-children/>