



# Sleep

A good night's sleep helps children feel more settled, manage their emotions and cope better with the demands of the day. It also supports attention, learning, memory and behaviour, which is why sleep is such an important part of children's overall health and development.

## ♥ What Really helps

Good sleep supports mood, behaviour and learning. What helps most:

- A regular bedtime and wake-up time
- A calm wind-down period before bed
- A predictable bedtime routine
- A low-stimulation environment in the evening



Children find it easier to settle when their brains and bodies have time to slow down before sleep.

Same time.  
Same steps.  
Same order.



## A simple bedtime routine

Keep it short and consistent:

- Warm bath or wash
- Pyjamas and brush teeth
- Bedtime story
- Cuddles and check in
- Lights out

The exact activities matter less than doing them in the same order each night.

## Common Sleep Challenges and what helps

"They won't fall asleep"

Keep the routine the same each night. Consistency builds the habit.



Calmly return them to bed with minimal conversation.

"They keep getting out of bed"

"They're overtired"

Try an earlier bedtime. Overtired children often find it harder to settle.

## Try This at home

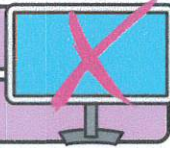
Have a clear screen-off time each evening

Avoid screens in the hour before bed

Keep bedrooms screen-free at night where possible

Replace screens with calm activities (stories, drawing, Lego)

Use consistent language: "Screens off, wind-down time now"



## Screen time: A Simple Approach

Screens are part of everyday life, but children cope best when screen use is predictable and limited - especially in the evening.

Using screens right before bed can make it harder for children to fall asleep, as it keeps the brain alert and delays natural sleep signals.