



DIFFICULTIES WITH SLEEP

Sleep difficulties can affect children and young people of all ages and can have a significant impact on the whole family. It is important to establish a routine around bedtime from an early age - involving the child in this process and be consistent (where possible). This guidance seeks to provide information for families affected by a child/young person experiencing difficulties with sleep.

SIGNS AND SYMPTOMS

- Difficulties falling asleep.
- Frequent waking throughout the night/ restless sleep.
- Over sleeping/under sleeping.
- Issues settling to sleep.
- Nightmares/Night Terrors.

LINKS

NHS Choices

<https://www.nhs.uk/conditions/bed-wetting/>

National Sleep Foundation

<https://sleepfoundation.org/sleep-topics/how-blue-light-affects-kids-sleep>

RESOURCES

Sensory Sleep Advice

<https://ilslearningcorner.com/blog/2015/07/29/2015-07-7-smart-sensory-tricks-for-kids-who-have-trouble-sleeping/>

TOP TIPS

- Children who are physically tired will sleep better.
- Spend quality time with your child before bed.
- Avoid computer, TV or video games 1 hour before bed.
- Be clear and firm about bedtime.
- Ensure your child has had a small drink, brushed their teeth and been to the toilet.
- Make the bedroom a warm, restful place to be.
- Encourage your child to settle down and sleep in their own bed.
- Be patient and involve others if you can for support for yourself.
- Establish a good routine and stick to it consistently.
- Give your child lots of praise when it goes well and acknowledge your child's efforts.

EXAMPLE OF A SLEEP ROUTINE - PRIMARY AGE

The times stated are simply a guide and can be adjusted to suit your family

Home from school	Outside play/messy play
5-6pm	Family meal/share worries/talk about school (No TV/Screens*)
6-7pm	Playtime/Homework
7pm	All screens* off 1 hour before bedtime/quiet time
7.30pm	Upstairs: Bath/Pyjamas/Brush Teeth
7.50pm	Into bed/night light on/story/say goodnight/leave

*screens include: TV, phone, tablet, games console, hand-held games

Ensure your child has opportunity to tell you about their day/any worries **BEFORE** bedtime.

Give your child **lots** of praise when it goes well.

EXAMPLE OF A SLEEP ROUTINE - SECONDARY AGE

The times stated are simply a guide and can be adjusted to suit your family

Home from school	Sports/socialising/out to play/homework
6-7pm	Family meal/share worries/talk about school (No TV/Screens*)
7-8pm	Homework/TV/Out to play
8pm	Screens* off 1 hour before bedtime/quiet time
8.30pm	Upstairs: Bath/Pyjamas/Brush Teeth
9pm	Into bed/Reading/No TV or Screens*/Say goodnight/Leave

*screens include: TV, phone, tablet, games console, hand-held games

Ensure your child has opportunity to tell you about their day/any worries **BEFORE** bedtime.

Give your child **lots** of praise when it goes well.

FURTHER HELP

- Speak to your child's school.
- Speak to your doctor.
- Speak to your Health Visitor.