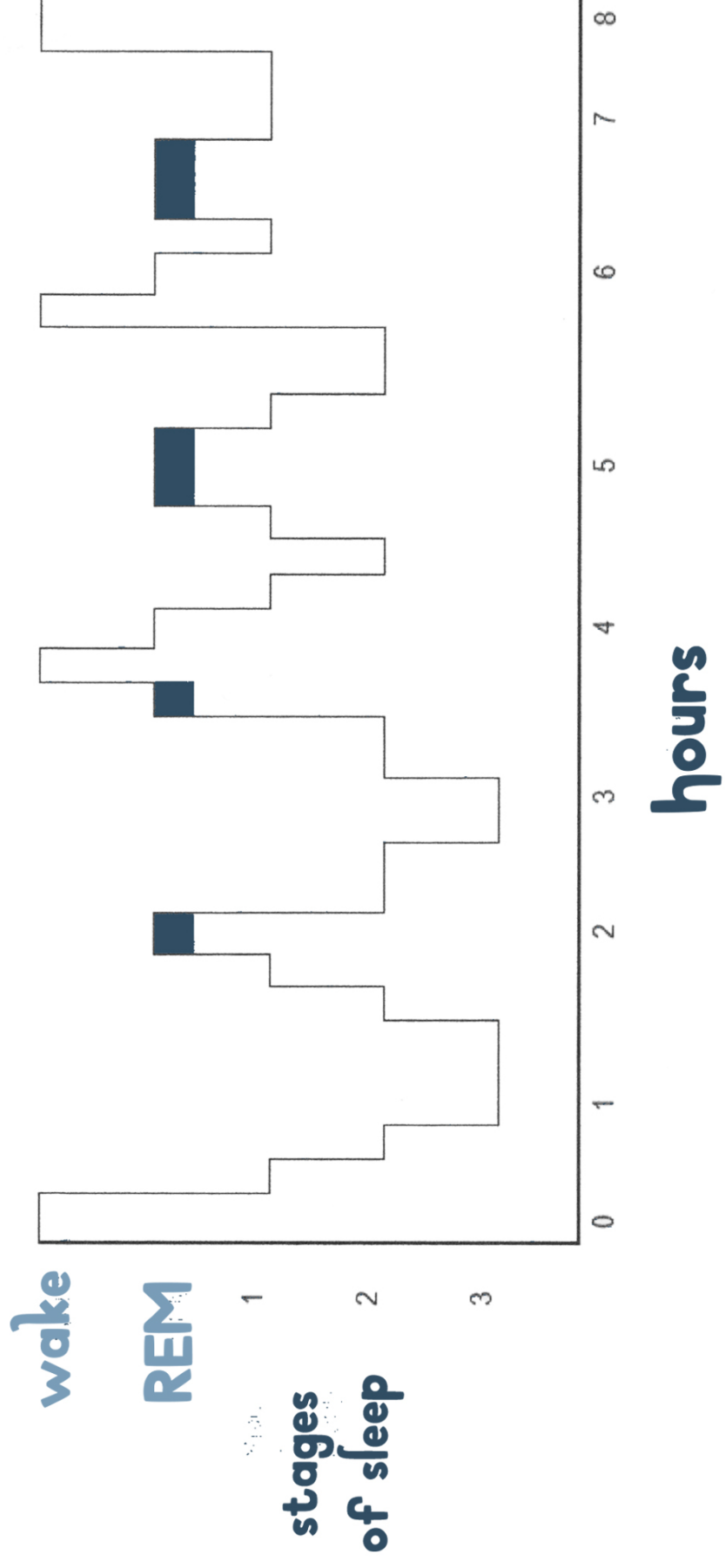




# Your Information Pack

Name of Child

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**Recommended**  
**May be appropriate**

Hours of sleep	0-3 Months	4-11 Months	1-2 Years	3-5 Years	6-13 Years	14-17 Years	18-25 Years
19	Light						
18	Light	Light					
17	Dark	Light					
16	Dark	Light	Light				
15	Dark	Dark	Light				
14	Dark	Dark	Dark	Light			
13	Light	Dark	Dark	Dark			
12	Light	Dark	Dark	Dark	Light		
11	Light	Light	Dark	Dark	Dark	Light	
10		Light	Light	Dark	Dark	Dark	Light
9			Light	Dark	Dark	Dark	Dark
8				Light	Light	Dark	Dark
7					Light	Light	Dark
6							Light
1-5							

# Sleepy Foods

Food Group	Examples of foods
Milk and milk products	Traditional milky products, yoghurts and soya milk
Meat	Chicken and Turkey
Fish	Cod, Tuna, Mackerel and Salmon
Cheese	Cheddar cheese, Cottage cheese and Tofu.
Fruits	Apples, Bananas, Blueberries, Strawberries, Avocados, Pineapple and Peaches.
Vegetables	Spinach, Asparagus, Green peas, Broccoli, Tomatoes, Cabbage, Cauliflower, Mushrooms, Cucumber and Potatoes.
Nuts	Walnuts, peanuts, Cashews, Pistachios, Chestnuts, Almonds. <b>*Please follow age related guidelines for this food group</b>
Seeds	Ground Flax, Sesame, Pumpkin, Sunflower.
Legumes	Kidney beans, Chickpeas, Mung beans, Lima beans, Soybeans
Grains	Brown rice, Wheat, Oats, Barley, Corn.
Bread	Wholewheat bread products

**‘All of these foods contain an essential amino acid called ‘TRYPTOPHAN’, this specific amino acid converts to the neurohormone Melatonin which is produced for sleep.’**

## **Top Tips**

### **Room Temperature**

**Could your child be hot or cold?**

**A bedroom should be between 16–18 degrees Celsius**

### **Comfort**

**Is your child's bed comfortable?**

**Try testing it out!**

### **Bedding**

**Is your child kicking their bedding off during their sleep causing them to wake? Is your child sensitive to touch?**

### **Self settling**

**Has your child learned to settle themselves to sleep?**

**Is there anything present when they fall asleep that is not consistent through the night?**

**Is there any changes being made whilst they are asleep?**

### **Noise**

**Is there any noises inside or outside the house at bedtime or during the night? Is your child sensitive to noise?**

**Would your child benefit from white noise?**

## **Hunger/ Thirst**

**Has your child had their tea/supper? Does your child use this as a distraction method?**

## **Stimulation**

**Is your child's room stimulating?**

**Do they have a lot of toys in their bedroom?**

**Do they have easily accessible electronics in their bedroom?**

**Bright colours in bedrooms can sometimes be very stimulating.**

## **Day/Night**

**Does your child understand when it is daytime?**

**Or when it is night time?**

**Could a colour changing clock help?**

## **Routine**

**Does your child have a specific routine before bed?**

**Does it include a good wind down? (no electronics)**

## **Medication**

**Is your child on any specific medication that impacts upon their sleep?**

## **Pain**

## **Is your child in pain?**

### **Things that may require medical advice**

**Outlined is a list of sleep behaviour that may require you to seek medical advice from your GP. You can still put the interventions within the workshop into place some may not be effective if there is an underlying medical cause; these are usually seen during the episodes of night awakenings . . .**

- Loud snoring**
- Dry mouth/increased thirst on waking**
- Gasps for breath during the night**
- Extreme fidgeting/ thrashing around the bed**
- Excessive night time sweating**