



# 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/pink/brown noise?

## HUNGER/THIRST

Has your child had their evening meal/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?



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## ROUTINE

Does your child have a specific routine before bed?

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

\*see downloadable bedtime routine in FREE section on the website.

## 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 try and put suggestions into place, some may not be effective if there is an underlying medical cause...

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