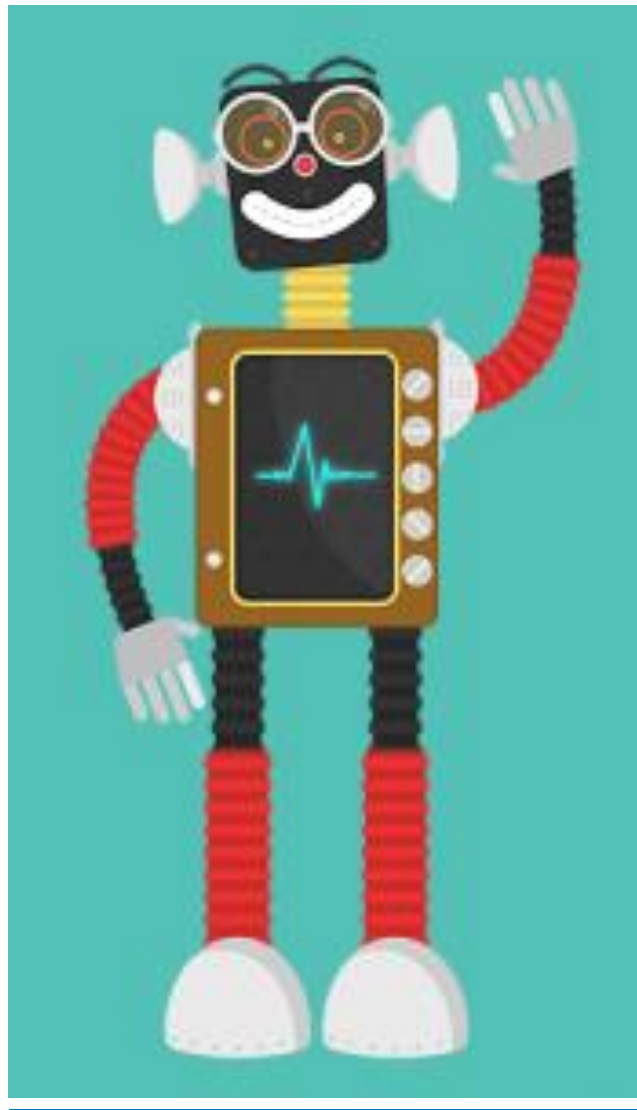




The Good Night Guide for Children





The Importance of Sleep

Sleep is very important as it helps to keep us healthy



Below are a few things that can happen if you don't get enough sleep.

You may find that:

- You don't grow properly
- You can't concentrate
- Your mental health is effected
- You get ill easily
- You can't sit still
- You have problems behaving
- You don't remember things

Did you know that a child at primary school needs 10 hours sleep a night?





Top Tips for a Good Night's Sleep

One of the best ways to get a good night's sleep is to ensure you have a good bedtime routine. Here are some top tips.

- Have a bedtime that you stick to. Discuss this with your parents.
- Switch off all screens 1 hour before going to bed
- Dim the lights, & close the curtains
- Do some quiet activities before going to sleep like colouring or reading
- Having supper helps some people to sleep but don't have sugary foods, this has the opposite effect
- Relax in a bath 30 mins before trying to go to sleep
- Get ready for bed in the same order eg pyjamas on, brushing teeth, go to the toilet
- Give Mum & Dad a bedtime kiss and snuggle under the covers.
- Make sure you get up at the same time every day to make sure you keep your body clock at the right time.

