

# SUGGESTIONS TO SUPPORT SLEEP

- Restrict the use of technology at least an hour before bed – tablets, phone, TV.
- Read a book for 15-30 minutes before bed.
- Sensory lighting/ mood lighting – lava lamps, bubble tubes, glow in the dark stars.
- Lavender oil/ pillow/ spray.
- White noise/ soothing music – available as apps or CD'S.
- Sleep routine – Go to bed and wake up at the same time every day – even weekends.
- Avoid doing anything other than sleeping in your bed for example watching TV or eating.
- Keep the room dark with the exception of mood lighting.
- Avoid drinking too much liquid in the evening and limit the amount of caffeine.
- Relax the body and mind before bed for example have a bath, try yoga.
- Breathing tips – Breathe in for six seconds and exhale for six seconds while lying down with your eyes closed.
- Two week sleep diary – understand how your daily routines affect your sleep.

For further advice/ guidance/ information please refer to:

<https://thesleepcharity.org.uk/information-support/children/>

<https://www.sleepfoundation.org/>

[www.helpguide.org/articles/sleep/how-to-sleep-better](http://www.helpguide.org/articles/sleep/how-to-sleep-better)