

Sleep Checklist for Children & Teens



- A lot of children, teens and adults struggle with sleep and feeling tired can contribute to issues they may already have with focus, concentration, irritability and emotional regulation.
- Choose strategies that you think might help your child and use them consistently for at least two weeks to embed a good bedtime routine.

| Strategy | ✓ |
|---|---|
| <p style="text-align: center;">Regular Bedtime</p> <p>Make sure you have a regular bedtime established as part of the daily routine. Stick to bedtime on school nights with only half an hour of flexibility either way.</p> | |
| <p style="text-align: center;">Daily Exercise</p> <p>PE, swimming, sports clubs, going for a walk, running around the garden- it is important to engage in physical activity most days.</p> | |
| <p style="text-align: center;">Get Outdoors</p> <p>Spending time outside during daylight hours is important, at least 30 minutes a day can help.</p> | |
| <p style="text-align: center;">No Napping After Noon</p> <p>Having a snooze later in the day is likely to make it harder to sleep at night.</p> | |
| <p style="text-align: center;">Halt Homework</p> <p>Finish any homework or study tasks early or stop them at least two hours before bedtime. A good homework or study routine may be needed to help with this.</p> | |
| <p style="text-align: center;">It's Good to Talk</p> <p>Worry can keep us awake at night, so talk through any worries or write them down in a diary before bed.</p> | |
| <p style="text-align: center;">Skip Stimulants</p> <p>Coffee, tea (including some detox herbal teas), chocolate, sugar, carbonated drinks and fruit juice should be avoided before bedtime.</p> | |
| <p style="text-align: center;">Bedroom Environment</p> <p>Dimmed lighting, black out curtains, a well-ventilated room that isn't too hot and a tidy, well organised space is the ideal sleep environment.</p> | |
| <p style="text-align: center;">Scare-No!</p> <p>Limit scary, exciting or worrying tv shows, DVDs, books or online content before bed.</p> | |
| <p style="text-align: center;">Switch Off</p> <p>Turn off all phones, tablets, and consoles at least one hour before bedtime. Switch off WiFi in the evening to prevent online access if needed.</p> | |
| <p style="text-align: center;">And Relax</p> <p>Yoga, meditation, mindfulness and breathing exercises can help you to feel calm before bedtime.</p> | |
| <p style="text-align: center;">Soothing Sounds</p> <p>If you need sound to help you sleep, relaxing music is best.</p> | |

Some people find lavender helps them sleep, but others find the smell of lavender can overwhelm their senses.

Sleeping with your mouth open causes 'mouth breathing' and can cause a poor night's sleep because the brain does not get enough oxygen. So, make sure mouths are closed!