

SLEEP TIPS FOR HAPPIER, HEALTHIER KIDS

HELPING YOUR CHILD TO GET A GREAT NIGHT'S SLEEP

Getting enough good-quality sleep is essential for your child's mood, learning and overall wellbeing. Here's how you can support healthy sleep habits at home.

How Much Sleep Do Kids Need?

Children aged **5-11 years** typically need **9-11 hours** of sleep each night. Every child is different, but if your child is grumpy, struggles to wake up or is overly tired during the day, they may need more rest.

Create a Calm Bedtime Routine

A consistent, calming routine helps signal to your child's brain that it's time to wind down. Try this:

- **Bath or shower** – warm water helps relax the body
- **Quiet time** – read a book together or listen to gentle music
- **Dim the lights** – lower lighting helps melatonin (the sleep hormone) kick in
- **Same bedtime every night** – even on weekends!

Ditch the Screens Before Bed

Blue light from tablets, phones, and TVs can trick the brain into staying awake. Aim for no screens at least 1 hour before bedtime. Instead, try:

- **Drawing or colouring**
- **Listening to an audiobook**
- **Doing a puzzle or quiet play**





Make the Bedroom Sleep-Friendly

- Keep it cool, quiet, and dark
- Use a nightlight if your child prefers
- Make sure the bed is comfy and only used for sleep (not homework or games)

Watch What (and When) They Eat

- Avoid sugary snacks and caffeine (like chocolate) in the evening
- Try to finish dinner at least 1 hour before bed
- A light snack like toast or a banana can help if they're hungry

What If They Can't Fall Asleep?

It's normal for kids to take 15–30 minutes to fall asleep. If they're struggling:

- Encourage them to stay in bed and relax (deep breathing or imagining a calm place can help)
- Avoid letting them get up to play or watch TV
- Reassure them gently, but keep things low-key

FINAL TIP

Be Patient and Consistent

Good sleep habits take time to build. Stick with the routine, stay calm during setbacks and celebrate small wins. Your child's sleep will improve – and so will yours!

For more information or advice, contact us at info@thesleepcharity.org.uk or visit thesleepcharity.org.uk

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