

Tips for families: The Importance of Sleep

Achieve Together
@LDST

checklist

Did you know...
primary school age pupils should get 9 to 11 hours sleep a night.

Sleep is really vital for our children. Here you will find a checklist of steps that may help your child with their sleep.

Make sleep a priority. Using screens close to bedtime suppress the production of melatonin which helps us sleep. This makes it harder to fall asleep.

- Try to keep beds just for sleeping and bedrooms clutter free.
- Make sure there are clear timings to your bedtime routine.
- Reduce screentime at least an hour before bedtime.
- Create your own 'wind down' routine before bedtime this could include reading or calm music.
- Keep lighting in living and sleeping areas as low as possible at sleep times.
- Make sure any bedtime snacks promote sleep e.g. bananas, cherries, tomatoes or warm milk.

