

SUPER TROOPERS

with



Getting a Better Sleep Pattern

It's essential to get a good night's sleep for your body and your mind. Getting enough sleep is important so that our bodies can recharge overnight, keeping us healthy and ready to face the next day.

If children don't get enough sleep they can be left feeling tired and low in energy, and find it more difficult to fight off sickness like colds and flu. Lack of sleep can also make it more challenging to concentrate in school. Children aged 5 to 12 years old need 10 to 11 hours sleep every night.

One of the best ways to help you get a good night of sleep is by getting into a good sleep pattern.

Super Troopers has 10 Top Tips to help your child get into a good bedtime routine:

1. Make bedtime and wake-up time the same time every day, even at weekends. This routine is really helpful in getting children into a good sleep pattern.
2. Follow the same routine every night, to establish bedtime rituals which help children to recognise that 'it's time to head to bed', for example, brushing teeth, dimming the lights, reading a story.
3. Avoid heavy meals or sugary snacks close to bedtime.
4. At least one to two hours before bedtime make sure your child has turned off any electrical devices like televisions and computers.
5. Make sure to keep electrical devices out of the bedroom.
6. Make time to unwind just before bed by playing some relaxing music or doing a calming activity like yoga poses.
7. Create a relaxing sleep environment by dimming lights in the bedroom or turning on a lamp before your child pops into bed.
8. Make sure the bedroom is at a comfortable temperature for sleeping, because if it's too hot or cold this can affect quality of sleep.
9. Allow your child to bring a security item to bed, like a favourite toy or blanket, to create a sense of comfort.
10. Make bedtime a positive experience by reading a story or having a chat about the day. If your child is anxious before bedtime, encourage them to talk about any worries they have and to write it down/draw it and pop it into a 'worry jar'. You can remove the jar from their bedroom, symbolic of removing their worries while they sleep.

