

PAEDIATRIC SLEEP HYGIENE

SLEEPING ENVIRONMENT SHOULD BE CONDUCIVE TO SLEEP

- Familiar setting
- Comfortable bed
- Correct temperature
- Darkened, quiet room
- Non-stimulating
- No negative associations

ENCOURAGE

- Bedtime routines
- Consistent bedtime and waking up times
- Going to bed only when tired
- Thinking about problems before going to bed
- Falling asleep without parents
- Regular daily exercise, exposure to sunlight and general fitness

AVOID

- Overexcitement near bedtime
- Late evening exercise
- Caffeine-containing drinks late in the day
- Large meals late at night
- Excessive or late napping during the day
- Too much time awake in bed