

Children & Young People's Occupational Therapy Service

Sleep better ... feel better!

Information for you

Activities and ideas for children and young people to help improve bedtime routines and sleep patterns.



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Good sleep is important for your health and happiness, no matter how young or old you are. When you sleep better, you feel better!

Do you know?

Depending on your age you require a different amount of sleep from your parent(s) or carer(s) and brother(s) and/or sister(s). Have a look below to find out how much sleep you need as you grow up.



New-born babies
(zero to two months)
12 to 18 hours sleep



Infants
(three months to
one year)
14 to 18 hours sleep



Toddlers
(one to three years)
12 to 14 hours sleep



Pre-schoolers
(three to five years)
11 to 13 hours sleep



School age children
(five to twelve years)
10 to 11 hours sleep



Teens and Pre-teens
(12 to 18 years) 8½
to 10 hours sleep



Adults (18+ years)
7½ to 9 hours sleep

Why is it important to get enough sleep?

Getting enough sleep helps you stay healthy and feel good.

A good night's sleep will help you do all the things that you need and want to do every day, for example:



Getting washed and dressed



Going to nursery or school



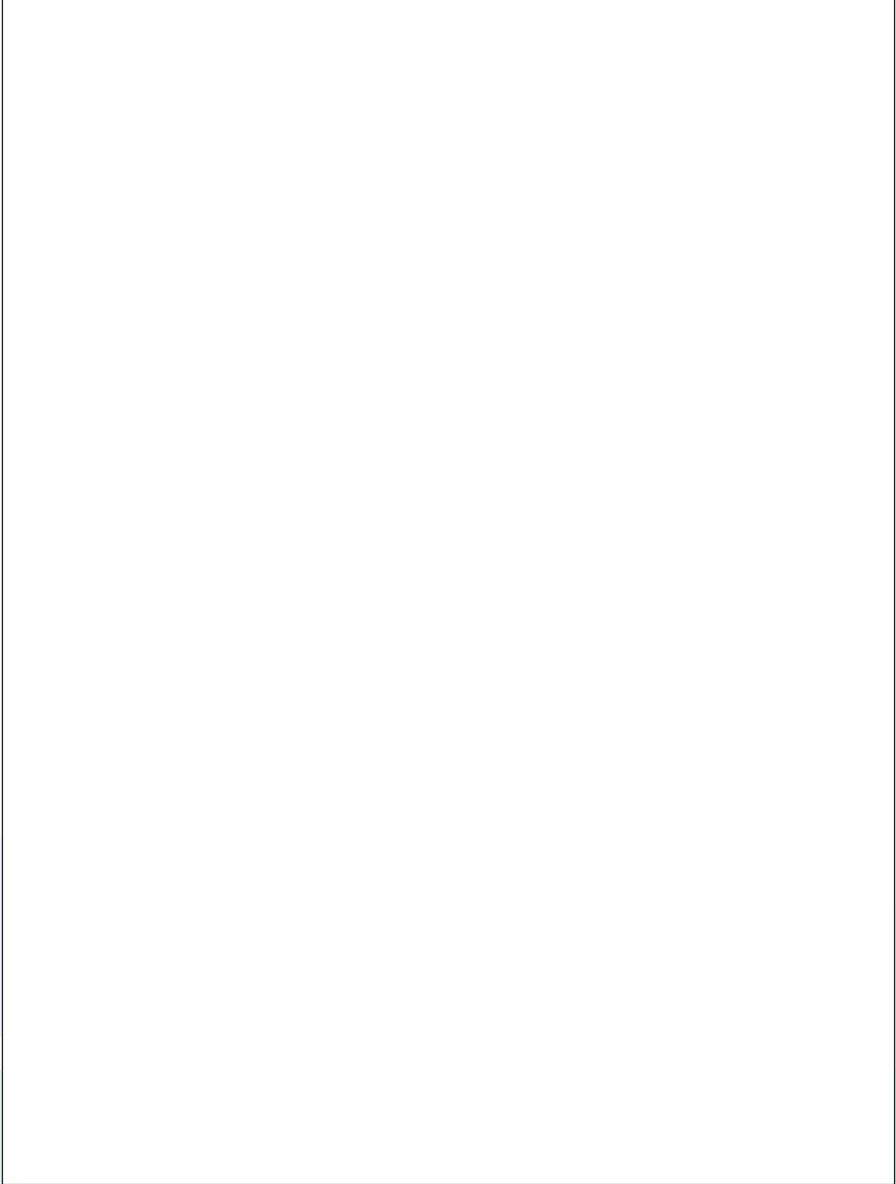
Playing with friends or taking part in out-of-school activities or clubs

Getting enough sleep also helps you to:

- Remember what you have learned at home, nursery or school
- Pay attention at home, nursery or school
- Feel more energetic
- Feel better about yourself

Your Bedroom

Draw a picture or write a few words or sentences to describe your bedroom.

A large, empty rectangular box with a thin black border, intended for a student to draw a picture or write a description of their bedroom. The box occupies most of the page's vertical space.

Things to think about:

Is your bedroom dark enough? YES NO

Do you have a night light? YES NO

Is your bedroom too hot, too cold or just right?

TOO COLD JUST RIGHT TOO HOT

Is there any noise outside that stops you from going to sleep or wakens you during the night, for example, is there a road outside your window?

YES NO

If YES, describe what this is:

Where is your bedroom within the house, for example, upstairs next to the bathroom, downstairs opposite the living room?

Do you sleep in your own bedroom? YES NO

If NO, where do you sleep, write a few words or sentences about what stops you from sleeping in your own room:

Do you share your bedroom with a brother or sister?

YES NO

If YES, does your brother or sister stop you from going to sleep or waken you during the night?

YES NO

Please write down anything else that stops you from going to sleep or wakens you during the night:

What do you do before bedtime?

Try to answer all of the questions and then talk with your parent(s) or carer(s) about your answers.

What time do you go to bed on a nursery or school night?

What time do you go to bed at the weekend?

What do you do before you go to bed?

(Circle all the things that you do)



Read a book



Use a computer
tablet or games console



Exercise or play
sports



Watch TV



Listen to music



Have a snack



Take a bath or
shower



Talk on the phone



Do homework

Make a note of any other things you do before bedtime:

Do's and Don'ts of a Good Night's Sleep

Do...

- Make sure that you exercise throughout the day as this can help you sleep at night.
- Go to bed at the same time every night.
- Follow a bedtime routine by doing the same relaxing thing every night, for example, have a warm bath, read a book or listen to quiet music.
- Have a snack one hour before bedtime if you are hungry. Snacks that can help you sleep are bananas, cherries, dairy products, for example, milk, cheese or yogurts, and shredded wheat. Try drinking a glass of warm milk using a straw or sports bottle as this can help you relax before bedtime.
- Keep your bedroom cool, dark and quiet.

Don't...

- Drink fizzy juices or eat chocolate before bedtime as they contain caffeine which can make it hard to sleep.
- Exercise too close to bedtime (three hours before or sooner).
- Watch TV or use a computer, laptop or games console one to two hours before bedtime as they emit blue light which stops you from getting to sleep.

Example of a Good Bedtime Routine

| Time | Activity |
|---------|---|
| 4.00pm | Trampoline or other exercise or physical activity, for example, play at park |
| 5.30 pm | Evening Meal |
| 6.00 pm | Homework or play time again |
| 7.00 pm | Quiet play, for example, jigsaws, puzzles or train set Healthy Snack, for example, milk, banana, or yogurt |
| 7.20 pm | Relaxing bath |
| 7.40 pm | Pyjamas, teeth cleaned, into bed Do not go back down the stairs! |
| 7.45 pm | Bedtime story |
| 7.55 pm | Cuddles from a family member or favourite toy |
| 8.00pm | Leave to settle |

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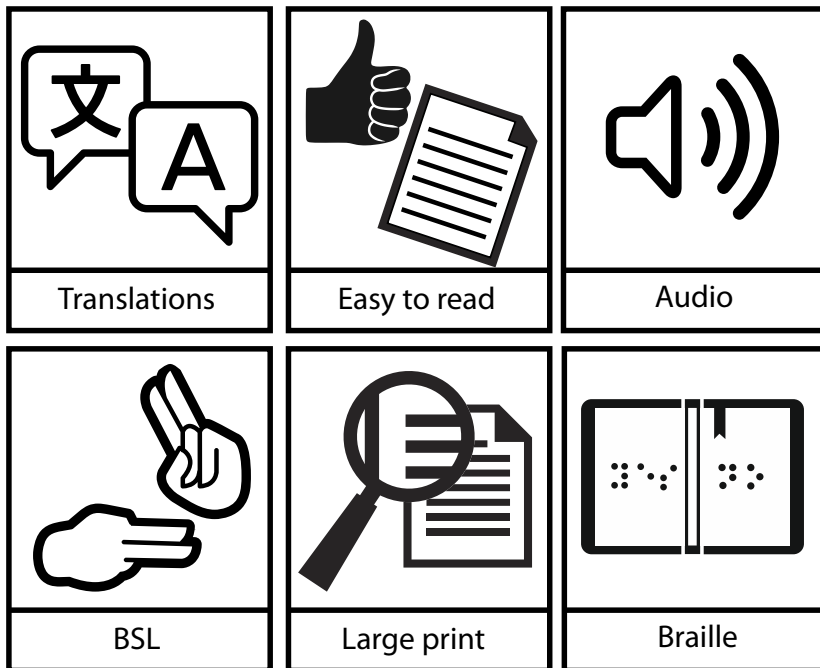
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All new requests for assistance for Children and Young People's Occupational Therapy services should be forwarded to:

The Rainbow House Mailbox:
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