



TRAINING NETWORK



PARENT RESOURCE



SLEEP HYGIENE

for Children

Good sleep is essential for your child's physical health, emotional wellbeing, learning and behaviour. Building healthy sleep habits can help your child fall asleep easier and stay asleep longer.



WHAT IS SLEEP HYGIENE?

Sleep hygiene means having good habits and routines that help your child get quality sleep every night.

Good sleep hygiene helps children:

- ✓ Feel more rested and energised
- ✓ Manage emotions and stress better
- ✓ Improve concentration and learning
- ✓ Strengthen the immune system
- ✓ Support healthy growth and development



REMEMBER: Small changes can make a big difference. Consistency is key!



SIGNS OF POOR SLEEP IN CHILDREN

Your child may be struggling with their sleep if you notice:

- ✓ Difficulty falling asleep
- ✓ Waking frequently during the night
- ✓ Waking very early and not able to go back to sleep
- ✓ Daytime tiredness or low energy
- ✓ Irritability, mood swings or tantrums
- ✓ Difficulty concentrating
- ✓ Hyperactivity
- ✓ Using screens or needing a parent to fall asleep
- ✓ Nightmares or night waking
- ✓ Complaints of headaches or tummy aches

HOW YOU CAN IMPROVE SLEEP HYGIENE



KEEP A CONSISTENT ROUTINE

Go to bed and wake up at the same time every day, even on weekends.



CREATE A CALM BEDTIME ROUTINE

Try a warm bath, reading a book or quiet time to signal that it's time to sleep.



LIMIT SCREEN TIME

Avoid screens at least 1-2 hours before bed. Blue light can disrupt sleep.



CREATE A SLEEP FRIENDLY ENVIRONMENT

Keep the bedroom dark, quiet and cool. Comfortable beds help.



BE MINDFUL OF FOOD & DRINK

Avoid caffeine, sugary foods and large meals close to bedtime.



ENCOURAGE DAYTIME ACTIVITY

Physical activity during the day helps your child sleep better at night.



MANAGE WORRIES BEFORE BED

Give time for your child to talk about worries earlier in the day.



WHEN TO SEEK EXTRA HELP

Seek professional support if your child:

- ✓ Has ongoing sleep difficulties for more than a few weeks
- ✓ Is very tired during the day and struggling at school
- ✓ Has frequent nightmares or night terrors
- ✓ Shows signs of anxiety around bedtime
- ✓ Has symptoms of sleep disorders (e.g. snoring, pauses in breathing, sleepwalking)

You don't have to manage this alone.
Help is available.



We're Here to Help

HH Training Network offers assessments, resources and ongoing support for children and families.



Email: g@hhtrainingnetwork.com



Website: hhtrainingnetwork.com



EDUCATE · EMPOWER · SUPPORT

Helping children and families build a healthier, happier future.



Email: g@hhtrainingnetwork.com



Website: hhtrainingnetwork.com