



BETTER SLEEP BETTER DAYS

Good sleep is essential for children's physical health, mental wellbeing, learning, behaviour and emotional regulation.

Better sleep supports better days – for the whole family.



WHY SLEEP MATTERS

Good sleep helps children to:

- ✓ Feel more rested and positive
- ✓ Concentrate and learn better
- ✓ Manage emotions and stress
- ✓ Stay healthy and support growth
- ✓ Have more energy for daily activities



REMEMBER: Sleep is not a luxury – it's a necessity.



SIGNS YOUR CHILD MAY NOT BE GETTING ENOUGH SLEEP

- ✓ Finding it hard to wake up in the morning
- ✓ Feeling tired or grumpy during the day
- ✓ Trouble concentrating or sitting still
- ✓ Changes in mood or more emotional
- ✓ Less interested in activities they usually enjoy
- ✓ More clumsy or making more mistakes
- ✓ Headaches, tummy aches or frequent illnesses



REMEMBER: Every child is different. Some need more sleep than others.

BUILD A CALM BEDTIME ROUTINE



SET A CONSISTENT TIME

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



WIND DOWN BEFORE BED

Allow 30–60 minutes to relax and switch off before sleep.



CREATE A CALM ENVIRONMENT

Keep bedrooms quiet, dark, cool and comfortable.



LIMIT SCREENS BEFORE BED

Avoid screens for at least 1 hour before bedtime.



ENCOURAGE RELAXING ACTIVITIES

Try reading, gentle stretching, colouring or listening to calm music.



OFFER REASSURANCE AND ROUTINE

A predictable routine helps children feel safe and ready for sleep.



SLEEP HYGIENE TIPS

- ✓ Keep daytime routines active and include physical activity.
- ✓ Limit caffeine and sugary foods, especially in the evening.
- ✓ Encourage natural light in the morning to help regulate body clocks.
- ✓ Avoid big meals close to bedtime.
- ✓ Keep naps short and earlier in the day if needed.



REMEMBER: Small changes can make a big difference to sleep quality.



WHEN TO SEEK EXTRA HELP

Seek support from a GP or sleep professional if your child:

- ✓ Snores loudly or stops breathing during sleep
- ✓ Has ongoing trouble falling or staying asleep
- ✓ Wakes frequently and can't settle
- ✓ Is extremely tired despite enough sleep
- ✓ Is missing school or struggling with daily life



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

