

Establish Great Sleep Habits

Sleep research shows that children who develop good sleep patterns usually carry these into adolescence, and beyond. If you are a parent of young children struggling to get them to sleep or battling kids who want to stay up longer then a proper working knowledge of good sleep habits and sleep hygiene is a must.

Great sleep habits include:

1. **Regular bedtimes.** Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.
2. **A wind-down time of at up to 45 minutes prior to bed.** This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).
3. **Bedtime routine** such as story, teeth-cleaning that signalled psychologically that it is time for sleep.
4. **Keeping bedrooms for sleep** and not for TV or devices. Bedrooms that resemble caves seem to be recommended.
5. **Maximising the 3 sleep cues** of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

