

# SWEET DREAMS

How to support a child having sleep difficulties

## Useful Apps:



Pzizz



Headspace



Calm



Fabulous - Daily Routine Planner



Sleepiest Sleep Sound Stories

# SWEET DREAMS

How to support a child having sleep difficulties

## WHEN TO BE CONCERNED?

Lots of young people find getting to sleep, staying asleep or waking up a real problem. Disrupted, broken or insufficient sleep can really impact on people's mood and ability to cope with daily life.

Sleep is an active period in which a lot of important processing, restoration, and strengthening occurs. Children aged 6-12 years should regularly sleep 9-12 hours per 24 hours; teenagers aged 13-18 years should regularly sleep 8-10 hours per 24 hours.

## WHAT TO DO:

- Make the room dark (use black out curtains if possible)
- Turn off all screens and LED displays an hour before bed
- 16-18°C is the ideal temperature for good sleep
- Ensure the bedroom is de-cluttered and make separate 'zones' for play, work and sleep
- Make sure that the mattress is properly supportive. Generally, mattresses should be replaced every 10 years to get the best support and comfort
- Support and encourage a regular bedtime routine and sleep pattern
- Ensure no naps are taken during the day
- Include weekends in the routine
- Make sure they avoid drinking alcohol or caffeine (tea, coffee, energy drinks) before bed
- Be mindful of them not drinking too much before bed and make going to the toilet part of their routine
- Avoid exercising right before they go to bed
- There is useful information about sleep on the NHS website; [nhs.uk/live-well/sleep-and-tiredness/how-much-sleep-do-kids-need/](https://www.nhs.uk/live-well/sleep-and-tiredness/how-much-sleep-do-kids-need/)
- There is a lot of information on the Sussex CAMHS website: [sussexcamhs.nhs.uk](https://sussexcamhs.nhs.uk)

## FACTORS THAT AFFECT SLEEP:

- The bedroom may be too noisy, messy, too hot or too cold
- The bed may be uncomfortable
- Don't have a regular sleep routine
- Aren't getting enough exercise
- Eating too late - and finding it hard to get off to sleep
- Going to bed hungry - and waking up too early
- Cigarettes, alcohol and drinks containing caffeine, such as tea, coffee and energy drinks
- Illness, pain, or a high temperature
- Emotional problems
- Anxiety and worry
- Depression
- Overthinking and ruminating on problems
- Physical problems – illness or disability
- Medications that affect sleep

#Recipes4wellbeing



[sussexcamhs.nhs.uk](https://sussexcamhs.nhs.uk)