

Cerebra provides a free and confidential sleep service and can provide further support if you need it.

For further support please contact Cerebra on 01267 244210 or email sleep@cerebra.org.uk

www.cerebra.org.uk

Name:

If you have any queries please contact your therapist.

Our details:

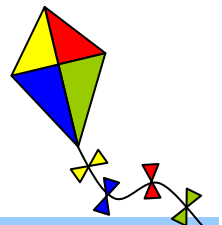
Therapist name:

Children's Therapy
Oaks Building
Kendray Hospital
Doncaster Road
Barnsley
S70 3RD

Telephone: 01226 644396

These activities should be carried out in a safe environment and supervised by a responsible adult.

Sleep



Sleep is a necessity and is an important part of your child's development.

Sleep allows your body to rest for the next day.

Experts agree that children between the ages of 5 & 12 years need **10-11 hours** sleep each night.

A lack of sleep can make it difficult for your child to concentrate, regulate their emotions and can also have a physical impact on the body and growth.

Difficulties with sleep may include

- Settling to sleep
- Falling asleep
- Staying asleep
- Waking up early
- Getting up

Does your child have difficulties settling to sleep and staying asleep?

Here are some helpful tips to help your child to catch all the zzz's they need;

- Try to go to bed at the same time each night
- Follow a bedtime routine that is calming (such as reading, taking a bath, massage, calming music)
- Limit food and drinks that contain caffeine
- Avoid having a TV in your child's bedroom
- Use your bed just for sleeping so that you train your child to associate their bed with sleep
- Avoid deep and meaningful conversations at bedtime and these can be over stimulating
- Sometimes 'worry time' can be useful to stop worries overnight, but don't do it near bedtime
- Let your child wear comfortable night clothes/pyjamas of their choice as being comfortable can aid sleep
- Room should be sufficiently dark; a small night light is ok if needed
- Set a comfortable room temperature that is consistent through the night.

Other things that may help;

- Using a reward chart if your child is motivated by them
- Using a comforting object at bedtime
- Reducing day time naps
- White noise
- Weighted items, such as a heavier duvet or blankets

Items such as 'weighted blankets' need careful consideration and should be discussed with your therapists before trialling

