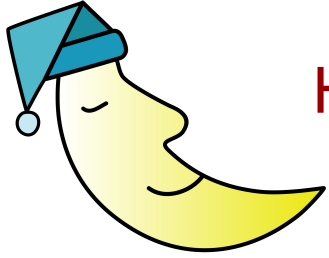


RESTFUL SLEEP



How to improve your child's sleep

1. Create a bedtime routine
 - a. Stick to the same routine every night to create patterns that will tell your child it is time to relax and get ready for bed.
 - b. An example of a routine is: bath time, put on pajamas, brush their teeth, read a book in bed, and sit with your child for 10 minutes, in this order every night.
2. Lighting
 - a. Keep your child's bedroom as dark as possible to send a message to their brain that it is time for sleep.
 - b. If they are afraid of the dark a small nightlight is okay.
 - c. Warm lighting in the bedroom is preferred over white lighting, due to its calming effects.
3. Temperature
 - a. Our brains and bodies cool down before bed, so keep your child's room at a cool temperature and avoid stuffiness by leaving the door and windows open during the day.
4. Sound
 - a. Some kids are disturbed by even the slightest unpredicted noise during the night. Try using a fan or sound machine to block outside sounds from disturbing their sleep.
 - b. Your child may enjoy relaxing music to help them fall asleep. Here is one example of an ocean waves soundtrack they may like:

<https://www.youtube.com/watch?v=JekUNGo-RV>

