



TOWN LANE INFANT SCHOOL



Sleep

Recommended sleep time in hours (Great Ormond Street Hospital)

4-12 months	12-16 hours (including naps)
1-2 years	11-14 hours (including naps)
3-5 years	10-13 hours
6-12 years	9-12 hours
13-18 years	8-10 hours

Good sleep patterns begin during the day. Caffeine present in tea, coffee, fizzy drinks and chocolate can cause your child to stay awake for longer or finding it difficult to settle to sleep. Try to avoid caffeine after lunchtime.

Ensure a large meal is not eaten directly before bedtime. A cup of warm milk can promote sleep before bed.

Encourage children to undertake sports and outside play during the day to burn off energy and promote tiredness.

A child's sleep environment should be safe and secure. Some children find that a nightlight can help them to feel safe, others may prefer total darkness. Adjust room temperature and noise levels so your child feels comfortable to fall asleep. If toys are distracting their sleep, then it may be beneficial to move toys from the room at bedtime.

A bedtime routine can start 30 minutes to two hours before bedtime, including activities to warm down, bath/shower and reading a story. Sticking to a set pattern and routine will help your child to settle before bed and give them chance to calm before bed. Set going to the toilet as the last task to do before bed to prevent your child from getting up during the night to use the toilet.

The use of electronic devices (televisions, tablets, mobile phones) close to bed time can prevent your child from settling to sleep. This is because they produce light which suppresses natural hormones in the brain which control sleepiness. Devices should not be used for a couple of hours before bedtime. If devices help your child to fall asleep, consider replacing this with a bedtime story or soothing music.

National Sleep Helpline: 03303 530 541