

SLEEP TIPS

Getting enough sleep is so helpful to our wellbeing. Cut out the tips and read them often to remind yourself on how to get the best night's sleep

Sleep tips

DO

- Make a worry or dream doll, tell all your worries to your doll before you go to sleep and pop your doll under your pillow.
- Make a dream catcher and catch any scary dreams.
- Decorate a pillowcase with happy thoughts. Read those happy thoughts before you go to sleep.
- Try relaxation exercises before you go to bed on a night
- Have a nice milky drink to help you relax and sleep better.
- Watch happy films or read happy books.
- Some exercise during the day so you feel physically tired. This could be in your house. Jog on the spot, jumping jacks, bunny hops, up and down stairs as many times as you can.
- Go to bed at a reasonable time. (Your mum or dad know best!)
- Have a warm relaxing bath before bed.
- Use a cuddly toy to cuddle and keep close to you.
- Talk to someone if you are worried about anything. When we are worried, we can feel stressed and don't relax properly when we go to bed.
- Get into a comfortable position in bed.
- Leave a night light on if that helps.
- Put some socks on if you get cold feet. Warm feet will help you get to sleep quicker.
- Go to the toilet before getting into bed. You don't want your full bladder to wake you up in the night.
- Have a bedtime routine and stick to it every night. Bath, snuggle with a book, warm milky drink.
- Draw a picture of something lovely you WANT to dream about just before bedtime.
- Turn off all computers and mobiles two hours before bedtime.
- Share any feelings with an adult before you go to bed.
- Make your last meal your supper/dinner to allow food to digest before sleep time
- Drink only decaffeinated drinks near bedtime