

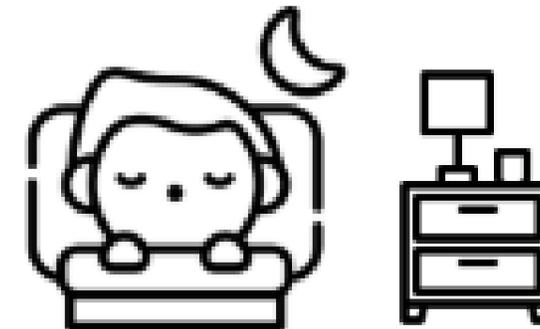
SLEEP ENVIRONMENT

For more tips and advice in creating a safe sleep environment, please contact us so that we can make a referral to our OT specialists at Ryegate Children's Centre.



SLEEP ENVIRONMENT

A restful environment that is conducive to sleep can make all the difference when addressing your child's sleep needs. It is important that this environment is made to suit your child. We will all fall to sleep more easily when we are comfortable and relaxed. Here are some top tips to help create a restful environment for your child.



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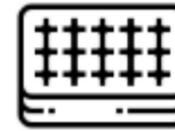
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DIMMING THE LIGHTS

Doing this about an hour before sleep will help regulate your child's body and tell their brain it's time to move into sleep mode. Choose suitable curtains to darken the environment. Black out blinds can be particularly helpful in the summer months.



CHOOSE MATTRESS, PILLOWS AND BEDDING



It is important that your child is comfortable and safe in the best sleeping position for them with the correct aids. Mattress should be changed with significant growth periods.

RELAXED AND PEACEFUL SLEEP ENVIRONMENT



Use calm colours such as neutral and pastel colours that do not stimulate your child. Freshly laundered bedding can also be helpful. A clean uncluttered room with toys covered away to "put the day to bed."

THE RIGHT NOISE

Try to reduce noise inside and outside your house. A fan can create a consistent and soothing noise throughout the whole night whilst sleeping. TV's are best kept off due to the changing tones and volumes that will interrupt sleep.



A COOL ROOM

Keep the bed away from windows, draughts and radiators. The temperature should be around 16–20°C according to the 'Lullaby Trust'. This is the safest room temperature.



SCENTS



Scents can be used to relax your child and can be comforting. Lavender can help reduce heart rate and blood pressure which will aid sleep. The reassurance of a parent's scent can help aid self-settling.