



Children's Sleep

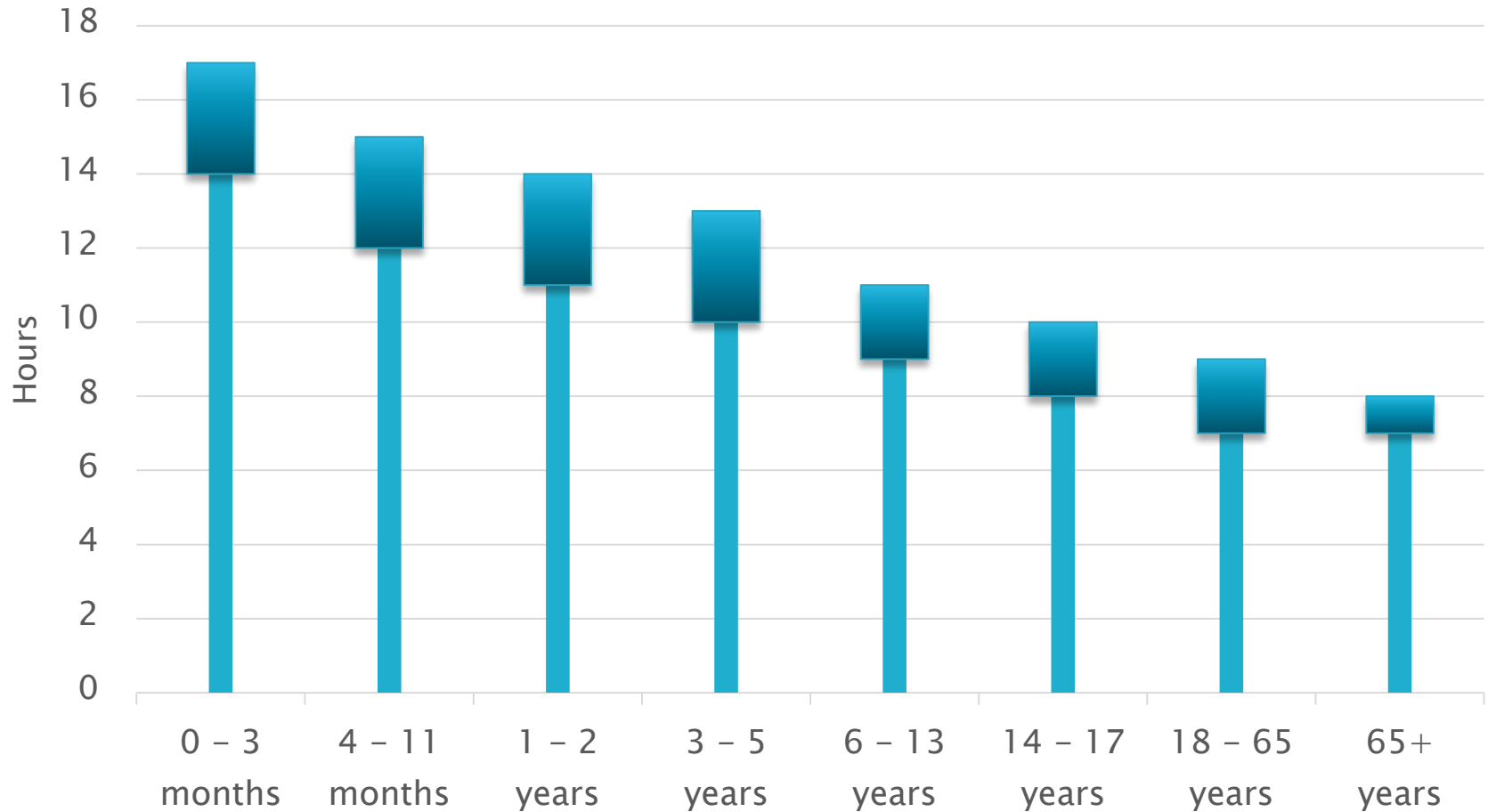
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Why You Need Sleep

- ▶ Need It To Grow
- ▶ Need It To Learn
- ▶ Keeps You Healthy
- ▶ Helps You Be Happy
- ▶ Helps You Be A Good Weight
- ▶ Helps Your Heart



How much sleep do I need?



Light and Melatonin

- ▶ Get outside between morning and midday
- ▶ Have a dark room
 - No lights on (nightlight is ok)
 - Dark curtains/blinds
- ▶ Don't have iPads in bed



Bedtime Routine

- ▶ Don't use electronic devices within an hour of bedtime.
- ▶ Have dim lights
- ▶ Bath 30 mins before bed
- ▶ Supper (complex carbohydrates & dairy)
- ▶ PJs and teeth
- ▶ Story Time
- ▶ Same bed time and wake time every day

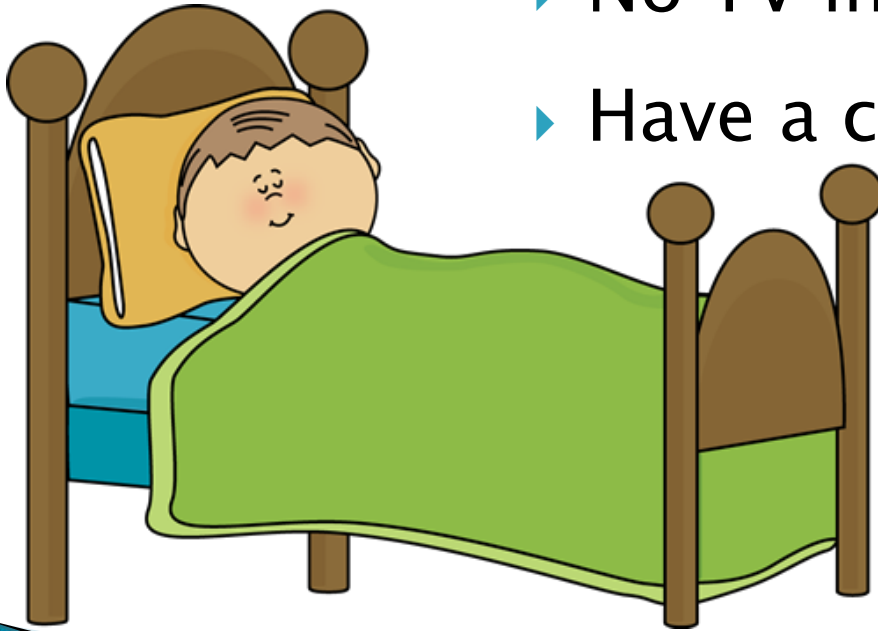
Worry at Bedtime

- ▶ Don't worry in bed
- ▶ Make time earlier in the day to think about things you might be worried about
- ▶ Worry dolls /worry pillows
- ▶ Meditation / relaxation exercises



More Tips for Good Sleep

- ▶ Exercise helps you sleep well
- ▶ Have a decluttered bedroom
- ▶ No TV in bedroom
- ▶ Have a cool bedroom



Other Nighttime Problems

- ▶ Night Terrors
- ▶ Sleepwalking
 - Often linked to tiredness
 - They occur often at the start of the night
- ▶ Nightmares
- ▶ Bed Wetting



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Trouble Sleeping offers help for all sleeping problems

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