

Sheffield Children's NHS
NHS Foundation Trust

Sleep environment

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A restful environment

A good and restful sleep environment 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 asleep more easily when we are comfortable and relaxed. Here are some top tips to help create a restful environment for your child.

Dimming the lights

Dimming the lights about an hour before your child goes to sleep will help regulate their body and tell their brain it is time to get sleepy. Choose suitable curtains to darken the environment. Black out blinds can be particularly helpful in the summer months.

Relaxed and peaceful

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

A cool room

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

Choosing the 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. Mattresses should be changed with significant growth periods.

Scents

Nice smells 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 your scent can help aid self-settling.

For more tips and advice in creating a safe sleep environment please contact us so we can make a referral to our occupational therapist specialists at Ryegate.



Disclaimer

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