Healthy Sleep

Improve your sleep with some positive changes and consistent sleep habits.

We need sleep to keep us healthy and happy and maintain good mental health. A goodnights sleep is about getting to sleep and getting enough good quality sleep.

1. Regular sleep times; Try to maintain a consistent sleep pattern 7 days a week. Go to bed and get up at the same time every day can help. A routine can help children sleep better.

2. Relaxing bedtime; Spend some time before bed relaxing, this can be reading a book, some simple stretches. Children love a story read to them before bedtime.

3. Good sleep environment; Keep bedroom clean and tidy and comfortable. Keep bedroom aired and a temperature between 60-70. Use a good quality mattress and bedding. Make sure all children toys and devices are put away.

4. Block out Light; Make sure the bedroom is dark and quiet, a blackout blind can help or heavy lined curtains.

5. Exercise and Daylight; Try to do regular exercise but not to intense before bedtime. Spend some time outside in the daylight, this can be a short walk or gardening, this can improve sleep. Encourage children to get as much natural light as possible through the day. This will help children feel awake and alert during the day.

6. Eat well; Try to eat a balanced healthy diet. Bananas, yoghurts or healthy cereals are a good bedtime snack. A balanced diet will help you to sleep well.

Sleep is an important part of maintaining good health. A good sleep is more under your control than you might think. Following healthy sleep habits can make the difference between restlessness and a restful sleep.

Sleep is important it helps our bodies and brain to develop and grow. Your brain needs sleep so we can remember what we have learned, to help us concentrate. Your body needs sleep to help muscles, bones and skin to grow and to keep your body healthy.

Sweet dreams and sleep well, Mrs Wood ZZZZZZZZZZZZZZZZZz