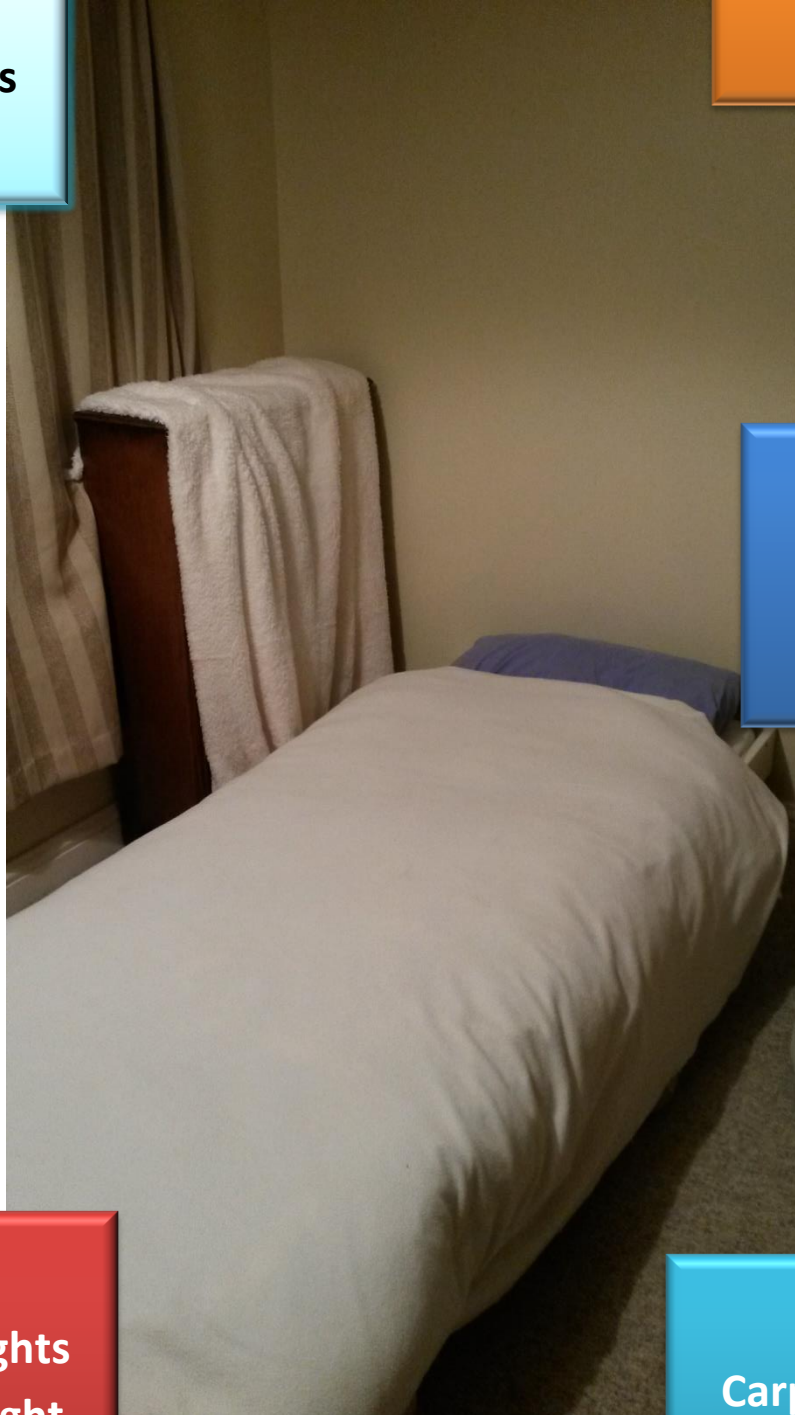


No Computer or
Television

Nothing on the
walls

Plain curtains



Plain bed
covers

Bookcase
covered up

No bright lights
or other bright
objects

Carpet with no
patterns



Top tips for a quiet night

1. Go into your child's bedroom and look around. Is it safe, secure and unstimulating? Set up a calm and soothing environment to sleep in.
2. Consider whether daytime naps are causing your child to sleep less at night and reduce the time spent napping if necessary.
3. Give a light snack (such as milk and a biscuit) before bed if you think your child may be hungry.
4. Make sure your child has enough exercise during the day so that they are tired at bedtime.
5. Make sure you and your child and family are physically well. If illness is suspected wait until illness is passed before making changes.
6. Decide on a regular time to go to bed – begin by setting the time close to the time your child currently goes to sleep and work towards the ideal time by changing it by ten minutes each night. Once there is a regular bedtime stick to it.
7. At least one hour before bedtime stop stimulating activities such as rough play, loud music and TV. Avoid drinks with caffeine, such as energy drinks.
8. Use a pre-bedtime settling routine (supported by symbols and other aids) that is the same every night and includes calm and enjoyable activities, such as a bath and bedtime stories.
9. Once in bed, use a set phrase, such as 'sleep well, see you in the morning', turn the lights off and leave the bedroom.
10. If your child gets up in the night put back in bed with minimum attention.
11. In the morning give praise and cuddles for staying in bed.
12. Talk with other adults about how you are getting on. Ask them to support you to stick with the routine when it feels hard to do so – often things get worse before they get better.

