

Back to School for the Summer Term!

As the clocks have moved forward recently and the warmer and lighter evenings have arrived, your child's sleep pattern may have been disrupted. A daily routine is important and will support good sleep hygiene (sleep routine).



Quality Sleep for Children is Important.

Sleep Hygiene; tips for a good night's sleep:-

-  Exercise – this could be a walk home from school or a trip to the park.
-  Tidy toys before dinner – to limit stimulation and encourage winding down.
-  Dinner - Aiming for the same time each evening helps to build a routine.
-  Slow things down after dinner – Relaxing activities (like reading/looking at books)
– No physical exercise in the hour before bed.
-  No sugary snacks before bed – Avoid fizzy drinks, chocolate, sweets, crisps etc.
-  Limit drinks an hour before bed – to avoid night-time accidents and promote uninterrupted sleep.
-  No devices! Switch off tablets/phones 1hour before bedtime to minimise stimulating blue light.
-  Bedroom environment – Minimise distractions. Check noise levels, temperature, lighting; blackout blinds, nightlight. No toys out.
-  Create a bedtime routine to stick to – e.g., bathroom, pyjamas, clean teeth, story time.
-  Lights out at a set time each night, or have night light in hallway.

If you would like any more advice, please contact the Enfield School Nursing Team on:
0203 9887300 (option 2) or email us at northmid.cedarsn@nhs.net.