

Sleep: 5 Top Tips

1

Try to stick to the same bed time and wake time every day (including weekends and holidays).



2

Beds are for sleeping. Avoid playing with your toys, doing homework, or watching TV in bed.



3

Create a bed-time routine.



Have a bath



Pyjamas on



Calm Play e.g. Colouring



Brush Teeth



Sleep



4

Choose calm and relaxing activities.



5

Choose a soft blanket or your favourite cuddly toy.