Sleep: 5 Top Tips

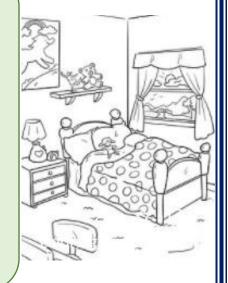
Try to stick to the same bed time and wake time every day (including weekends and holidays).



Create a bed-time routine.



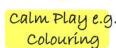
Beds are for sleeping. Avoid playing with your toys, doing homework, or watching TV in bed.





















Choose calm and relaxing activities.





Choose a soft blanket or your favourite cuddly toy.