

Sleep Tips



Bedtime routine

Make your own bedtime routine and stick to it. You need to set a time with your adults and stick to that too. It might be something like 'BATH, HOT DRINK, HAPPY BOOK, BED'

Relaxation exercises

Learn some relaxation exercises so you can get yourself relaxed for bedtime.

Physical exercise

During the day do some physical exercise. This will make your body feel tired at bedtime.

Happy mind

Watch only happy movies and read happy books before bedtime. You could also try drawing a happy picture which will give you nice things to think about as you drift off to sleep. It might even give you nice dreams.



Big feelings

Share any BIG feelings with an adult before bedtime so you don't have to think about them. Worry thoughts aren't good for sleeping. You could also make a worry doll and tell your worries to that. Pop it under your pillow and take the worries away. Make a dream catcher to catch any nightmares

Ready for sleep

Put some warm socks on, grab a cuddly toy, pop a night light on if you find having a little light helps, get into a comfy position and close your eyes and dream lovely dreams.



Night night sleep tight!

