

# Tips For Better Sleep For *Children*



Schedule earlier and shorter naps of about 20 minutes during the day.

Ensure the child receives ample natural light during the day to suppress melatonin and feel active in the daytime and adequately sleepy during the night.



Establish a bedtime routine so that the pattern or ritual encourages them to sleep.

Let the child indulge in bedtime stories and soft conversations.



Ensure the child feels safe at night by introducing a stuffed animal in the bed.

Equip the room with soothing and calming bedtime lights.



Get them used to waking up in the morning at a fixed time with the help of an alarm clock.

If needed, use bedwetting alarms to help them with toilet-training at night.



## Reference:

- How to Sleep Better: 10 Tips for Children; Raising Children