

How To Reduce Sleep Talking In Your Child



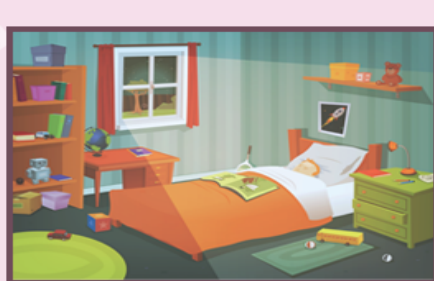
Stick to their regular sleep schedule, including daytime naps.

Wake them up at a fixed time each morning and from their daytime naps.



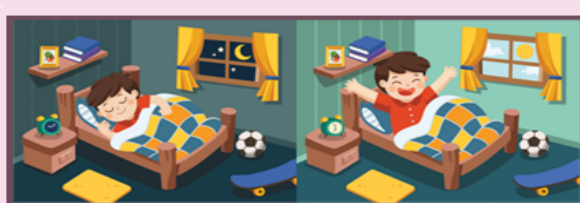
Minimize distractions during their sleep to ensure adequate rest.

Keep the room at a comfortable temperature and put on warm lights.



Restrict carbonated beverages and spicy and greasy foods before their bedtime.

A well-lit room in the morning and a dark room at night can ensure a healthy sleep-wake cycle.



Engage them in physical activities for regular exercise.

Don't give them caffeine or sugar at night.

