



working to ensure that children get a good night's sleep.....and so do their parents!

How To Create A Calm Bedroom



Children need a calm bedroom environment to promote relaxation and support a good night's sleep. It is important to spend some time planning your child's bedroom to make sure that it is relaxing rather than stimulating. Many products on the market actually over stimulate children at bedtime or lead to them develop inappropriate sleep associations.

Here are some top tips to make sure that your child's bedroom helps to promote sleep.

- Make sure that toys are covered or stored away - they can be too tempting for little ones to get out of bed and play with if they are on show.
- Decorate in neutral calming colours - bright or primary colours can be very stimulating.
- Never send your child to their bedroom as a punishment, the room should be a place they want to spend time.
- Watching television is very stimulating, it is best to avoid having TVs and computers in bedrooms.
- Consider what is on display in your child's room. Are the posters over stimulating?



- Use calming music as part of your bedtime routine to help your child to begin to calm down and to create a relaxed atmosphere in the bedroom.
- You may wish to use scents such as lavender to help to promote calm in the bedroom. There are many products now available specifically made for children.
- Avoid using props such as mobiles and light shows to help your child to get to sleep. They will wake up throughout the night if they don't learn to self-settle.
- Consider whether noise from your household could be disturbing your child's sleep. Is the television, for example, directly below their bedroom? Children should not learn to fall asleep in silence as otherwise they will need it to be totally quiet when going to sleep. Noise should however be toned down at night to help them to nod off. If noise is unavoidable you may want to consider using white noise to help to mask it. Items like a fan or dehumidifier can create white noise and help to mask out background sounds.
- A dark bedroom environment is important to help our bodies produce melatonin, this makes us feel drowsy. Blackout blinds can be helpful particularly in the summer months.
- Make sure that the bedroom is cosy and a place that your child wants to be. Ideally the temperature should be around 16 to 18°C. Never have the room too hot.



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