

# Tips for families: The Importance of Sleep

## checklist

**Did you know...** primary school age pupils should get 9 to 11 hours sleep a night.

**Sleep is really vital** for our children. Here you will find a checklist of steps that may help your child with their sleep.

**Make sleep a priority.** Using screens close to bedtime suppress the production of melatonin which helps us sleep. This makes it harder to fall asleep.

- Try to keep beds just for sleeping and bedrooms clutter free.
- Make sure there are clear timings to your bedtime routine.
- Reduce screentime at least an hour before bedtime.
- Create your own 'wind down' routine before bedtime this could include reading or calm music.
- Keep lighting in living and sleeping areas as low as possible at sleep times.
- Make sure any bedtime snacks promote sleep e.g. bananas, cherries, tomatoes or warm milk.

