

Parent Guide



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We are excited to share this content with you. If you are interested in finding more resources made especially for Parents, then check out these links to different areas of the **Twinkl Parents** hub.

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What is this resource and how do I use it?

Set yourself some time each day for a bedtime routine. Adults also need a sleep routine to help reduce stress, increase energy levels and improve sleep. Take a look at these top tips and see if you can introduce or improve your own bedtime routine at home to improve your own wellbeing.

What is the focus of this resource?

Health and Self-Care

Stress-Relief

Communication

Self-Care

Further Ideas and Suggestions

Encourage your child to set up their own sleep routine with this **dinosaur-themed activity sheet**. Try a quiet activity, such as **mindful colouring**, to help switch off from a busy day. **Waking in the night** is no fun - read more about how to cope with waking up in the night during menopause.

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Sleep Routine for Adults

Having a bedtime routine may, over time, improve your mood, and energy levels and reduce stress. It can give your mind and body an opportunity to separate the stresses of the day to provide a calm atmosphere ready for sleep. There are many ways to incorporate a bedtime routine into your evening.

If a bedtime routine is new to you, try one or two of our suggestions first and add more as you feel more comfortable. Allow yourself the time to prepare for bed and treat it as a little bit of a luxury each day you fully deserve.

Set the Scene

Prepare the area you will be sleeping in. Put laundry away and tidy any clutter. Make your space a sanctuary you deserve for quality sleep. Get into the habit of making your bed when you get up in the morning. Not only does this set a good example for your child, but it also lets you get into a freshly made bed each evening.

It is recommended you change your bedsheets at least once every two weeks; ideally each week, if possible - especially in warmer weather. There are some fabrics available which can help regulate your temperature and keep you cool to avoid waking up in the night feeling hot. Leaving your bedroom window open a touch to let in cool air is a good way to keep the air circulating to avoid a stuffy room.

Set a Time

Try to keep the same bedtime each day. Your brain will start to wind down for sleep a few hours before bedtime as part of your natural sleep pattern. Decide on regular bed and wake-up times which align with your schedule.

Adults typically need at least seven hours of sleep each night. If you need to get up at 6.30 a.m., then work backwards seven hours and aim to go to bed by 10.30 p.m. to give yourself time to prepare and get sufficient sleep.

Begin your bedtime routine between 30 minutes and two hours before you go to bed. Set a reminder to help you stay focused and avoid distractions!

Sleepy Snacks

Avoid heavy or large meals as well as alcohol close to your bedtime to alleviate indigestion, heartburn and disrupted sleep. Alcohol can disturb your sleep and although you may find initially it helps you go to sleep, over time it causes dehydration, headaches and disturbed sleeping patterns. It is recommended to avoid alcohol in the three hours before you go to bed.

Going to bed hungry or thirsty can also cause an upset stomach making it harder for you to settle.

Enjoying a snack before bed such as a handful of nuts, or some fruit such as a banana, cherries or kiwi does not stimulate your brain or digestive system enough to keep you awake in comparison to a sugary snack. Herbal teas such as camomile, lavender or peppermint may help calm your mind and promote sleep. Having a warming herbal tea as part of your bedtime routine may help to settle your mind and remind you it is time to get ready for bed.

We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation.

Sleep Routine for Adults

Take off the Day

Set some time aside for nighttime cleansing - your skin will thank you for it. Typically, we have more time in the evening to enjoy a lovely skincare routine. Make the most of this time and use it as part of your bedtime routine too. Double cleanse your face to remove makeup, dirt and SPF before moving on to enjoy each stage of your evening skincare. This may feel like a treat, but you are worth it!

Taking a warm bath or shower can help your body to mimic the natural nighttime drop in body temperature by warming you up and then cooling you down as the water dries - this creates a relaxing sensation for your mind and body when preparing for bed.

Don't forget to clean your teeth as part of your evening routine. Having a fresh face and mouth can be a good way to close off the day and get ready for bed.

Calming Activities

Music can be a powerful tool to use when working, exercising and relaxing. If a piece of music calms you, then it can be useful to listen to music to help your mind and body settle after a busy day. There are playlists of calming music designed to help you sleep.

Similarly, meditation is another activity you can introduce to your bedtime routine and be more mindful of your surroundings, feeling present in the moment and separating your preparation for sleep from the stresses of the day.

Watching television or scrolling through your social media may feel relaxing but the light used in devices flood your brain and provide a stimulus and light convincing it to stay awake. If you can, avoid using electronic products and devices when settling into your bedtime routine.

Reading is an activity most children do before bed, so why, as adults, do we not give ourselves the time to do the same? Reading has long been associated with a bedtime routine. Reading a book with a steady plotline and limited excitement can help your mind settle. It might be useful to read outside of your bedroom under a soft light and when you feel tired, it is a signal to put the book down and go to bed and sleep.

If you find your mind is still very busy, have you considered journaling? Writing down any worries or concerns, as well as celebrating each little win, can help your mind process thoughts. Writing your worries down gives you the time to acknowledge your thoughts and encourages your mind to park that thought for another time. In the morning, that same worry may not be as big anymore or you may have had the time to find a solution to reduce your stress levels.

Stick to a Routine

Aim to stick to your bed and wake up times every day including days off and weekends. This will help your natural sleep cycle making it easier to fall asleep and wake up feeling more alert.

And Finally

Getting into bed is the last stage of your bedtime routine. After taking some time for yourself to mentally and physically prepare for bed, getting under the duvet should be the last thing you do. Once your head hits the pillow, do nothing else but fall asleep.