

Parent Guide



@twinklparents

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.

SEND Support



Subject Guides

Pregnancy & Baby



Health & Wellbeing

Supporting Learning



What is this resource and how do I use it?

Display this poster at home as a reminder to take care of your own sleep hygiene. Sleep hygiene is not just about cleanliness, it can include preparing your body and mind to improve sleep quality, lower stress levels and boost your wellbeing.

What is the focus of this resource?

Health and Self-Care

Stress-Relief

Establishing a Routine

Further Ideas and Suggestions

Boost Wellbeing with Bedtime Stories explains the benefits of reading before bed. Stay on top of cleaning the house with a **manageable checklist** ensuring you have a calm environment for rest and recovery. Help yourself feel organised and in control with a **Morning and Evening Routine Planner**.

Parents Blog



Parenting Wiki



Parenting Podcast



Parents Hub

SLEEP

Hygiene Poster

Sleep hygiene includes both your sleeping environment and your sleeping behaviour. Good sleep hygiene can impact your wellbeing promoting better quality sleep.

Sleep hygiene includes:

- setting a sleep and wake schedule;
- following a bedtime routine;
- being consistent with healthy habits;
- creating a calm environment for sleep.

Top Tips for Sleep Hygiene

Maintain a Consistent Sleep Routine

Go to bed and wake up at the same times every day, even on your days off and on weekends.

Create a Relaxing Bedtime Routine

Engage in a calming or relaxing activity such as reading, gentle stretching or meditation to calm your mind and body.

Organise Your Sleeping Environment

Clear away clutter and put any laundry away. Have a cool, dark and quiet room to settle down in.

Consider Nutrition

Avoid large meals, caffeine and alcohol a few hours before bedtime. These may cause sleep disturbances, indigestion and headaches.

Limit Screen Exposure

Aim to avoid screens for at least an hour before bedtime. The light emitted from screens can trick your body into thinking it is not time for bed and stimulate your brain.

Clean Bed Linen

It is recommended you change your bedlinen at least every two weeks, and once a week in warmer weather. Rotate and vacuum your mattress each month to keep it fresh too.

Remember, sleep hygiene will not cure sleep problems - it is important to talk to a medical professional about any concerns you have.