

PRIOR MINDSET

SLEEP HYGIENE FOR CHILDREN AND ADULTS

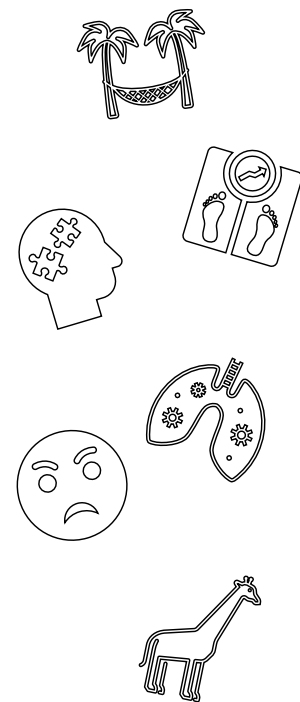
Overview

Sleep is crucial for children's growth and overall well-being. This PriorMindset guide provides information and tips on creating healthy sleep habits and managing common sleep issues.

1. The Importance of Sleep

Sleep supports your child's physical and mental development. Insufficient sleep can lead to:

- Growth or hormone issues
- Concentration difficulties
- Mental health concerns
- Weakened immune system
- Hyperactivity
- Weight gain
- Behavioural problems
- Memory difficulties

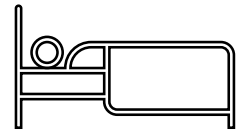


A well-rested family often means a happier home.

2. Sleep Cycles

Sleep consists of different stages:

- Non-REM Sleep:
 - **Stage 1:** Very light sleep; easily woken.
 - **Stage 2:** Light sleep; body prepares for deep sleep.
 - **Stage 3:** Deep sleep; crucial for physical repair.
- **REM Sleep:** Associated with dreaming and vital for mental and emotional development.



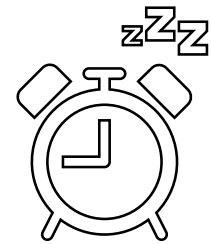
Maintaining consistent sleep conditions helps prevent disruptions. Learn more about sleep stages at [Oxford Health - What Happens During Sleep](#).

3. Circadian Rhythm

What It Is: The internal body clock regulates sleep-wake cycles based on light and dark.

Tips to Strengthen It:

- Establish a consistent bedtime and wake-up time.
- Gradually adjust sleep schedules when changing clocks for daylight saving.

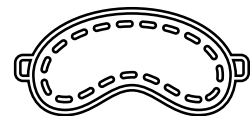


4. Melatonin

A hormone that aids sleep by increasing in the dark.

Tips to Enhance Production:

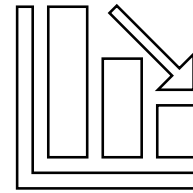
- Keep the bedroom dark and avoid screens before bedtime.
- Dim the lights to promote melatonin production.



5. How Much Sleep Is Needed?

Recommended Sleep by Age:

- **3-Year-Olds:** About 12 hours, including daytime naps.
- **4-6 Years Old:** 10.5 to 11.5 hours.
- **School-Aged Children:** Around 10 hours.
- **Teenagers:** 8 to 9 hours, though they often get less.
- **Adults:** Around 7-9 hours.



Individual sleep needs can vary.

6. Good Sleep Routines

Creating an Effective Bedtime Routine:

- Set a realistic bedtime.
- Turn off screens an hour before sleep.
- Dim lights to promote melatonin production.
- Engage in quiet, relaxing activities like colouring or puzzles.
- Consider a light supper with slow-releasing carbohydrates.
- Use a consistent bedtime routine: bath, pyjamas, tooth brushing, bedtime story.
- Wake up at the same time each morning.



7. Common Sleep Problems

Common Issues and Solutions:



- **Self-Settling:** Teach children to soothe themselves to sleep gradually.
 - **Routine Changes:** Stick to routines to help you or your child adjust.
 - **Hunger/Thirst:** Offer a light snack before bed and water if needed.
 - **Discomfort:** Ensure a supportive mattress and a comfortable environment.
 - **Fear/Anxiety:** Use comforting stories and familiar scents; seek professional advice if needed.
 - **Night Wetting:** Maintain a consistent approach and seek advice if needed.
 - **Sensory Issues:** Address noise sensitivities or touch preferences with appropriate solutions.
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8. Night Terrors vs. Nightmares

Night Terrors:

- Occur shortly after falling asleep.
- Child appears terrified but is asleep.
- Wait for the terror to pass and then settle them back to sleep.

Nightmares:

- Bad dreams that cause waking.
- Reassure your loved one and avoid reinforcing the nightmare.



9. Teens and Sleep

Tips for Improving Teen Sleep:

- Avoid caffeine and sugar in the evening.
- Maintain a consistent nightly routine and bedtime.
- Turn off screens three hours before bed.
- Ensure the bed is comfortable and consider investing in a new mattress if needed.
- Encourage regular exercise and a decluttered bedroom.



10. Creating the Perfect Sleep Environment

Tips for a Restful Bedroom:

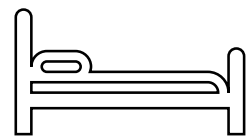
- Keep the room well-ventilated and at 16-20°C.
- Use blackout curtains to darken the room.
- Choose calming colours and eliminate noise.
- Avoid electronic devices and ensure the bed is comfortable.
- Involve your child in designing their bedroom to increase their comfort.



11. Beds and Mattresses

Choosing and Caring for Mattresses:

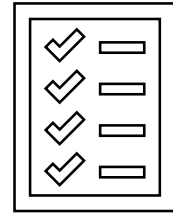
- **Types:** Foam or sprung; hypoallergenic options for sensitive children.
- **Avoid:** Second-hand or hand-me-down mattresses.
- **Care:** Rotate and turn the mattress regularly, use protective covers, and avoid damaging practices.



Summary

Key Points to Remember:

- Remain calm during bedtime.
- Establish and maintain a consistent bedtime routine.
- Identify and address sleep issues with appropriate strategies.
- Allow time for children and loved ones to adapt to new sleep behaviours.
- Ensure comfort and a relaxing sleep environment.



For more personalised advice, consider discussing sleep issues with PriorMindset mental health professionals.

Sleep Hygiene Resources

Improving sleep hygiene is crucial for achieving restful and restorative sleep. Here are some helpful resources to guide you in enhancing your sleep practices for both children and adults:

Child and Teen Bedtime Stories and Sleep Resources

1. Comprehensive Sleep Hygiene Information

- [The Sleep Charity Home](#): Extensive information on improving sleep hygiene and creating a restful sleep environment.

2. Guides and Diaries

- [The Good Night Guide for Children \(Parent Guide\)](#): A useful guide for parents to help establish good sleep routines for children.
- **Sleep Diary for Children**: Track your child's sleep patterns to identify and address sleep issues.

<https://thesleepcharity.org.uk/wp-content/uploads/The-Sleep-Charity-Childrens-Sleep-Diary.pdf>

- **Sleep Diary for Teens:** A diary specifically designed to help track sleep patterns in teenagers.
<https://thesleepcharity.org.uk/wp-content/uploads/The-Sleep-Charity-Teens-Sleep-Diary.pdf>

3. Podcasts and Sleep Stories

- Podcasts and Sleep Stories for Adults and Children: Enjoy a range of podcasts and sleep stories designed to aid relaxation and sleep.
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Children's Bedtime Stories and Sleep Aids

Creating a calming bedtime routine can greatly enhance your child's sleep quality. Here are some wonderful resources for bedtime stories and sleep aids:

1. Relaxing Bedtime Stories

- ["Capn' Dreambeard"](#): A calming story designed to help children unwind and fall asleep.
- ["The Wondrous Forest of Alice, The Owl & The Bear"](#): A peaceful bedtime tale perfect for bedtime.
- [Relax for a While Channel](#): Offers a variety of relaxing bedtime stories for children.

2. Sleep Meditation for Kids

- [Sleep Meditation](#): Guided meditation to help kids relax and prepare for sleep.

3. Podcasts for Bedtime

- [USA Today Review of Sleep Podcasts](#): A list of podcasts designed to help kids fall asleep.

- [SavvyMom Bedtime Podcasts](#): A selection of bedtime podcasts tailored for children.

These resources can be a great addition to your child's bedtime routine, helping them relax and settle in for a restful night's sleep.

Adult Bedtime Stories and Sleep Resources

Sleep Apps for Better Sleep Hygiene

- **Podcasts and Sleep Stories for Adults and Children:** Enjoy a range of podcasts and sleep stories designed to aid relaxation and sleep. [Nothing Much Happens](#)
- [Insight Timer: Bedtime Story: The Sea Fairies](#)

Sleep Hygiene Resources

- [Oxford Health: Sleepio Info for Clients](#)
- [Sleepio: NHS Sleepio](#)
- [Sleep Foundation: Bedtime Routine for Adults](#)
- [NHS: Every Mind Matters - Sleep](#)
- **Sleep Diary for Adults**
<https://thesleepcharity.org.uk/information-support/adults/sleep-diary/> Helps adults monitor and improve their sleep habits.



For more personalised advice, visit

WWW.PRIORMINDSET.CO.UK to book a free 15-minute CBT consultation and discover how I can help you manage and overcome your sleep challenges.

References

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