

Bedroom environment

The right sleep environment will help your child relax and fall asleep and back to sleep. Here is a checklist for the things to consider:

- A dark enough room. Use blackout blinds to reduce the amount of light in the room.
- For children afraid of the dark, use a small red-based night light.
- Keep the room calm and tidy. A child needs to associate their bedroom with sleep and bedtime. Avoid distractions in the room like lots of toys, too many posters on the walls.
- Avoid screens (phones, tablets, TVs) in the room.
- Have a teddy or soft toy.
- A comfortable bed with appropriate bedding to ensure your child is neither too hot or cold.
- Consider noise. Are there any distracting sounds in the room?
- Put a family photo in the room so they know you're not far away.

