



Developing Good Sleep Practice

1. **Keep a regular bedtime for your child and wake your child at a regular hour each morning, so that the body clock is strengthened.**
2. **Do not let your child have prolonged naps in the late afternoon. If your child still needs to sleep, schedule the nap for early afternoon.**
3. **Avoid stimulating activity in the hour before bedtime, including TV, tablets and consoles.**
4. **Avoid drinks of cola, chocolate, tea and coffee i.e. caffeine and additives before bedtime. Instead have a warm milk drink.**
5. **Make sure that your child does not go to bed hungry, but do not give a child over 6 months old feeds/drinks during the night.**
6. **Make sure that your child's room is quiet and dark.**
7. **Keep room temperature to a comfortable level. High temperatures disturb sleep.**
8. **Keep room clear of distractions and electronic equipment such as TV and consoles.**
9. **Environmental noise should be kept to a minimum (no loud TV).**
10. **Help your child to learn to fall asleep alone in his/her bed, without your presence.**





Average Sleep Needs

Age	Average Number of Hours Sleep Needed	
	Daytime	Night –time
1 Week	8	8 ½
4 Weeks	6 ¾	8 ¾
3 Months	5	10
6 Months	4	10
9 Months	2 ¾	11 ¼
12 Months	2 ½	11 ½
2 Years	1 ¼	11 ¾
3 Years	1	11
4 Years	-	11 ½
5 Years	-	11
6 Years	-	10 ¾
7 Years	-	10 ½
8 Years	-	10 ¼
9 Years	-	10
10 Years	-	9 ¾
11 Years	-	9 ½
12 Years	-	9 ¼
13 Years	-	9 ¼
14 Years	-	9
15 Years	-	8 ¾
16 Years	-	8 ½

This is taken from Lyn Quine “Solving Children’s Sleep Problems”. The amount of sleep children need will vary, particularly for those with additional support needs.