



How to Create A Healthy Sleep Environment

It is so important to make your child's sleeping environment as conducive to sleep as possible! A healthy sleep environment can lead to longer and deeper sleep for a child.

- ★ Make the room as dark as possible. Use black out shades, or for a cheap fix tape black garbage bags to the window frame. Darkness allows the body to release melatonin naturally, which in return helps the body get into a deep sleep state.
- ★ A white noise machine that plays all night long can also help the body stay asleep. True white noise has no pattern, so it keeps the brain in a steady state. If your white noise turns itself off after a set amount of time then change it out for a machine that you have to manually turn on and off. These also help to drown out other household noises.
- ★ Only allow for quiet play and sleeping in your child's room. This way they will associate their room with relaxation and bedtime.
- ★ It's great to create a soothing bedtime routine to give your child a chance to unwind. Put on their pajamas, brush their teeth (if needed), read a book or two, and then bed. It doesn't have to be a long routine, and should actually take a half hour or less.
- ★ 68 degrees is the optimal temperature for sleeping. No need to pile on the blankets or heavy pajamas.

If you need help getting your child to bed please reach out and take advantage of our NiteNite Sleep Services. Healthy sleep is a lifelong skill and it's great to start your child off on the right path!