The children's Sleep Charity

Reg Charity No: 1150585

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How to Create a Calm Bedroom

Children benefit from having a calm bedroom environment in order to promote relaxation and get a good night's sleep.

It is important to spend some time planning your child's bedroom to make sure that it is relaxing rather than stimulating.

Some products on the market can actually over simulate children or lead them to develop sleep associations that cannot be maintained throughout the night.

Here are some top tips to make sure that your child's bedroom is restful and helps to promote sleep:

- Decorate in neutral, calming colours, bright colours can be over stimulating.
- Never use the bedroom as a place where your child is sent as a sanction. The bedroom should be a place that is viewed positively.

Continued overleaf

- Watching television is very stimulating and can interfere with the body's production of the sleep hormone, melatonin. Make the bedroom a screen free zone, this includes computers and mobile phones.

- Make sure that toys are covered or stored away – they can be tempting for little ones to get out of bed and play with.

- Consider what is on display in your child's room. Could the posters be over stimulating or even scary in the darkness?

- Avoid props such as mobiles and light shows to help your child to sleep. Any conditions in place at the start of the night need to continue throughout the night.

- A dark bedroom environment can help to support a good night's sleep. Blackout blinds can be helpful, particularly during the summer months.

- If your child is afraid of the dark or has a visual/hearing impairment they may find a totally darkened room makes them feel anxious. If you use a nightlight then choose one with a soft glow that can be safely left on all night.

- Never have the bedroom too warm. Ideally the bedroom temperature should be around 16 to 18 degrees.

- If your child is noise sensitive, white noise can help to mask out background noise.

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