

FACT SHEET • PRIMARY

Helping Your Child Get a Good Night's Sleep

A tired primary-aged child doesn't always look sleepy. More often they look wound up, tearful or unable to sit still, which is easy to mistake for something else entirely. Sleep at this age still needs protecting on purpose; it rarely just happens on its own once school, screens and clubs fill the evening. These five habits help protect it, night after night.

**TIP 1****Keep the time steady**

The same bedtime and wake time, even at weekends, matters more than the number of hours slept on any one night. A settled rhythm is what actually rests the body.

TIP 2**Wind down before bed**

Build in twenty quiet minutes before lights out: a bath, a story, low light. A racing brain doesn't switch off the moment the light goes out.

TIP 3**Screens off an hour before**

The light from a screen and the excitement of a game or video both delay sleep. Swap the last hour for something calmer, even if it means a fight at first.

TIP 4**Keep the room right**

Dark, cool and quiet helps far more than an expensive mattress or a special pillow.

TIP 5**Notice the tired signs**

Rubbing eyes, clumsiness and sudden tears in the evening usually mean overtired. Bring bedtime forward on those days rather than holding the line on the usual time.