

Sleep Checklist for Children & Teens



- 🧠 A lot of children, teens and adults struggle with sleep and feeling tired can contribute to issues they may already have with focus, concentration, irritability and emotional regulation.
- 🧠 Choose strategies that you think might help your child and use them consistently for at least two weeks to embed a good bedtime routine.

Strategy	✓
Regular Bedtime Make sure you have a regular bedtime established as part of the daily routine. Stick to bedtime on school nights with only half an hour of flexibility either way.	
Daily Exercise PE, swimming, sports clubs, going for a walk, running around the garden- it is important to engage in physical activity most days.	
Get Outdoors Spending time outside during daylight hours is important, at least 30 minutes a day can help.	
No Napping After Noon Having a snooze later in the day is likely to make it harder to sleep at night.	
Halt Homework Finish any homework or study tasks early or stop them at least two hours before bedtime. A good homework or study routine may be needed to help with this.	
It's Good to Talk Worry can keep us awake at night, so talk through any worries or write them down in a diary before bed.	
Skip Stimulants Coffee, tea (including some detox herbal teas), chocolate, sugar, carbonated drinks and fruit juice should be avoided before bedtime.	
Bedroom Environment Dimmed lighting, black out curtains, a well-ventilated room that isn't too hot and a tidy, well organised space is the ideal sleep environment.	
Scare-No! Limit scary, exciting or worrying tv shows, DVDs, books or online content before bed.	
Switch Off Turn off all phones, tablets, and consoles at least one hour before bedtime. Switch off WiFi in the evening to prevent online access if needed.	
And Relax Yoga, meditation, mindfulness and breathing exercises can help you to feel calm before bedtime.	
Soothing Sounds If you need sound to help you sleep, relaxing music is best.	

Some people find lavender helps them sleep, but others find the smell of lavender can overwhelm their senses.

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Sleeping with your mouth open causes 'mouth breathing' and can cause a poor night's sleep because the brain does not get enough oxygen. So, make sure mouths are closed!