

# Dealing with sleep difficulties in children

## Patient Information

Children's Learning Disabilities Service



The Patient Information Leaflets page on the Trust website is available on the link:  
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

Author ID: PL  
Leaflet Ref: CM 133  
Version: 2  
Leaflet title: Dealing with sleep difficulties in children  
Date Produced: August 2022  
Expiry Date: August 2024

**Our Values****People at  
the Heart****Listen and  
Involve****Kind and  
Respectful****One  
Team**

## Sleep difficulties

To help you deal with your child's sleep difficulties we recommend that you and your family develop good sleeping habits.

You must remember some problems get worse before they improve; this is true of sleep.

## The importance of sleep

- Sleep allows your child's body and mind to rest and develop
- Sleep strengthens your child's immune system and helps them to fight off illness
- Sleep helps your child's brain to make sense of the day's events
- Sleep increases your child's memory and concentration
- Sleep restores your child's emotional wellbeing.

## Bedtime routine

A good bedtime routine for your child would involve doing the same thing every night and should last about 30 minutes.

### It could include your child:

- Eating a light snack for supper such as toast or cereal
- Drinking a small sugar free drink such as milk or water
- Having a wash, bath or shower
- Going to the toilet
- Cleaning their teeth
- Putting on their pyjamas
- Getting into bed.

### It could include you:

- Closing the curtains
- Reading or telling your child a story
- Saying 'goodnight' to your child
- Turning out the light
- Leaving your child to go to sleep.

## Good sleep habits

- Your child should avoid exercise, play and stimulating activities such as mobile technology and television an hour before going to bed
- You should avoid giving your child drinks containing caffeine such as tea, coffee, hot chocolate or sugar free fizzy drinks for four to six hours before going to bed
- Avoid giving your child high energy and sugar drinks
- Try to avoid emotionally upsetting conversations
- Encourage your child to go to bed at the same time every night
- Encourage your child to get up at the same time every day.

## Your child's sleeping environment

Try to ensure the room where your child sleeps is quiet, dark and not too hot or cold.

## Medical factors

You should seek medical advice before embarking on a sleep programme if you think there may be a medical explanation for your child's sleep problem.

## Contact information

Your health care professional can be contacted on the following number:

Tel: .....

---

## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust  
Royal Albert Edward Infirmary  
Wigan Lane  
Wigan  
WN1 2NN

---

## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



---

## How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

---

© Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust.  
All rights reserved. Not to be reproduced in whole or in part without the permission of the copyright owner.

**Call 111 first when it's less urgent than 999.**



EMPLOYER RECOGNITION SCHEME

**GOLD AWARD 2021**

*Proudly serving those who serve.*

Phone: 0808 802 1212

Text: 81212

[www.veteransgateway.org.uk](http://www.veteransgateway.org.uk)

