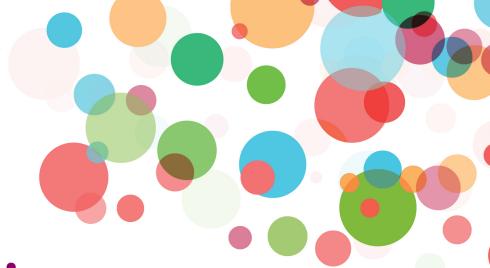
## Lancashire Early Years Service



Sleep routines



Turn off all screens an hour before bedtime – the television, laptops, tablets and mobile phones. Screens can be mentally stimulating, and they may also slow the production of the sleepy hormone, melatonin.



Classical music can be soothing and useful to play in the background during the bedtime routine.







Consider lighting
– dim the lights
an hour before
bed and create
a relaxing
environment. This
will help your child
to produce the
sleep hormone
melatonin.



Massage can support some children to relax.



A simple timetable for bedtime may help your child to settle and encourage their independence skills before their story.



Scan the QR code for further information and ideas

