



## HOW TO CREATE AN IDEAL BEDROOM ENVIRONMENT

**The bedroom environment plays an important role in getting a good night's sleep. There is a lot to consider including temperature, light and comfort.**

**Here are some tips to help you to make sure that your child's bedroom supports a restful night's sleep:**

- Decorate in neutral colours, bright colours can be over stimulating.
- If the room is too hot or too cold it can disturb sleep, around 18 degrees is ideal, you may find it helpful to invest in a room thermometer.
- Make the bedroom a screen free zone. Watching television, using laptops or mobile phones may suppress the production of melatonin, the sleep hormone, and make it more difficult to nod off.
- White noise can mask out background noise and may be useful.
- For younger children put away toys or cover them with sheets at night time so that they don't provide a distraction. For older children try to discourage them from doing school work on their bed and pack away school books at bedtime.
- A dark environment can help with melatonin production making us feel drowsy at the start of the night. Blackout blinds can also help in the summer months to avoid early waking.
- Some youngsters (and adults!) prefer a little light in the room at night time. If a dark room is distressing or disorientating, then using a soft glowing night light that can be safely left on all night may be helpful. Those with visual/hearing impairments for example can find total darkness disorientating.
- Consistent conditions throughout the night are important. Avoid using products that switch off during the night or turning landing lights off when you go to bed.
- Comfort is important, we all have different needs when it comes to what we prefer and what suits our bodies. The firmness of the mattress and pillows, the texture of the bedding and nightclothes are all important considerations when planning our sleep environments, especially for those youngsters with sensory needs.
- Never use the bedroom or an early bedtime as a sanction for children, sleep should be promoted positively.

**For more information, contact The Sleep Charity or your representative.**

For more information and advice, visit The Sleep Charity at [thesleepcharity.org.uk](https://thesleepcharity.org.uk) or contact us on [info@thesleepcharity.org.uk](mailto:info@thesleepcharity.org.uk)