



Sleep Hygiene

Good “sleep hygiene” can improve the physical and mental wellbeing of both adults and children. What does it involve, and how can we make positive changes?

The bedroom environment

Think about lighting, room temperature, and creating a calm, distraction-free space to unwind. Consistent bedtimes and wake times matter too; sleep is just as important to health as diet and exercise.

A predictable bedtime routine

Babies and toddlers thrive on a bath, story, bed pattern, and older children, and adults, can benefit from the same principles. Eating the main meal early enough to digest properly, a warm bath or shower to wind down, reading or relaxing music, and mindfulness techniques can all help.

Watch the light and screens

Bright light hinders the production of melatonin, which we need to fall asleep, so bedrooms should stay reasonably dark. Screens before bed are a particular problem: blue light delays sleep, and the excitement of games keeps the brain switched on. Building in wind-down time after screens helps everyone sleep better.

It is worth giving the whole family's bedtime routine a spring clean from time to time: what healthy habits could we add, and what needs to shift earlier in the evening?