



Haringey Universal Therapy Services (HUTS) Advice Poster

How can I help my child's sleep?

- **Regular daily exercise** and a **balanced diet** are important. Avoid caffeine (including dark chocolate) during the day and stick to good bedtime snacks, not too close to bedtime (cheese, banana, oats, yoghurt, milk).
- Create a **relaxing environment** that encourages sleep (dim the lights, listen to relaxing music, avoid electronics or stop using these an hour before bed).
- Have a **consistent bedtime routine**.

Find out more:

Watch this video for
sensory advice about
sleep



Find out more about
bedtime routines



Call 0203 224 4399

Monday-Friday
9am-5pm



Email us

whh-tr.huts@nhs.net

