

# PROMOTING SLEEP HYGIENE PART 1



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Sleep is important! There are many ways we can help promote proper sleep hygiene with our kiddos. Check out these tips and strategies for helping create a healthy sleep schedule and environment for your family!

## 1. Environmental Control: Creating an optimal sleeping environment promotes healthy sleeping habits. Try these tips:

- Remove Stimulating toys, games, TVs, music and lights an hour or more before bedtime
- If possible, position the bed against a wall so the child can squish themselves against it
- Try to keep the bedroom relatively cold- around 65 degrees.
- Try reducing light with shades or curtains
- Consider noise blocking curtains to cutdown street noise
- Try relaxing, soothing music or white noise
- You can pair soothing music with relaxing lights or a light projector



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