



TOP 5 Sleep Tips for Anxiety



KEEP TECH OUT OF THE BEDROOM

The blue light from technology overstimulates our brains making it hard to switch off at bedtime. Setting up charging stations out of the bedroom and switching off tech at least an hour before hitting the pillow.

SLEEP HYGIENE

Going to bed and rising the same time each day encourages our body clocks to sync. Sleeping in a cool and dark bedroom promotes falling asleep and staying asleep. If a nightlight is needed, use an orange or red bulb.



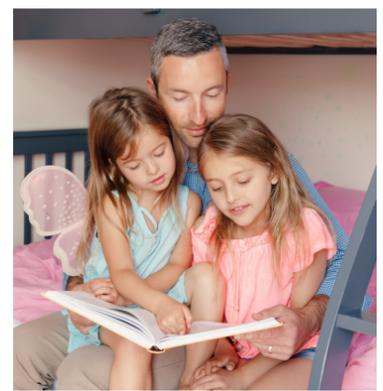
REGULATE BEDTIME



Have a consistent bedtime routine and bedtime. You can encourage a bedtime, but not make them fall asleep. Allow children to read until they are tired. Wake at a consistent time each day to make falling asleep easier.

CONNECT AT BEDTIME

Be present with your child during the bedtime routine and focus on a calm and consistent routine that includes wind down time to connect. It can be hard to leave a cherished person and make the transition to sleeping alone.



GIVE WORRIES AWAY

There will be nights when falling asleep is hard. Younger children can write or tell their worries to a doll, stuffy or put them in a worry box. Journalling is a powerful way to reduce worries for older children, teens and adults.