



Back to School Sleep Tips



Top 5 Sleep Tips for a healthy, happy and rested sleep for more successful transition back to school

Tips for a better sleep for getting back to school

TOP 5 RECOMMENDATIONS FOR A HEALTHY, HAPPY, AND RESTED SLEEP

Welcome!



Your child's sleep has gotten off track over the holidays with late nights and busy days. School is just around the corner. You may be worried about how your child is going to do once school starts again.

You are not alone...

Start using one or all of these strategies and go from being exhausted and frustrated to confident and hopeful that you can have an easier time falling asleep and staying asleep.



#1 Solid Bedtime Routine

It's so hard to know where to start. One of the most important steps to help your child sleep better is a consistent and relaxing bedtime routine. This helps the brain and body wind down to prepare for sleep and make sleep predictable. A consistent routine helps them calm and relax after their busy day.

For many kids, their days can be overstimulating, disorganized and stressful and it can be hard to leave it behind, making falling asleep and staying asleep challenging. The right bedtime routine can make the difference to falling asleep easier.



#2 Timing of Sleep

Getting sleep back on schedule to the desired time can take time depending on how far off sleep is from your desired wake up time to get out the door for school. Start adjusting wake time and bedtime by 15 minutes every few days. This may mean you start 2 weeks before school starts.

Keeping a consistent schedule every day helps when it comes to Monday morning each week and the first day of school after the holidays.



#3 Bedroom Environment

Create a sleepy bedroom environment by keeping the bedroom dark and cool. This will keep the body and brain in sleep mode longer.

Keep the bed for sleeping and keep play time or relaxing off the bed. This will help build the association for bed with sleep.

The bedroom can be a sensory experience - sounds, smells, lighting and "stuff" on the floors and walls can make falling asleep difficult. Create a calm bedroom environment and consider all the senses with the bedroom, bedding and night time clothes.

#4 Managing Worries

Bedtime is an imperative time for parents to reconnect after such a busy day. Separating before bed can heighten anxious thoughts and worries. Giving space for big and unpleasant feelings and full attention during bedtime can help make that transition easier.

For older children, a worry box to write or draw their worries and place it in the box, or a journal to write it out. Remind them what they are doing the next day with you or how you are going to connect with them.





#5 Prepare for upcoming change

Preparing your child for changes that will happen for planning for heading back to school or any new changes is helpful. This can be done a variety of ways. You can hold a family meeting, write out the new schedule using words or pictures or use a social story to make sure everyone is prepared.

This helps to set the stage for clear expectations and loving boundaries while changes are being made.

Are you ready to get your child sleeping better?



How I can help you get the healthy sleep you deserve

TOP 5 SLEEP TIPS FOR A HEALTHY, HAPPY and RESTED SLEEP

Hi I'm Joelle Hill

I am a sleep consultant, owner and founder of Hill Family Solutions. I work with families who have children with disabilities to get a great night's sleep.



Do you dread the first day of school with getting your child up and ready? Whether its heading to the classroom after a summer break, or after holidays preparing for sleep can help make that transition easier.

Are you ready to get your child sleeping great?

Not sleeping is not easy! I work with family's together to come up with a unique plan that fits your child's development, temperament and your parenting style for a responsive approach to making changes for better sleep and better days.

You can choose from one hour consultations to help you get sleep back on track, or support while you make changes.

What would it mean for you if you were sleeping better?

Ready to get started?

Schedule a Discovery Call with me if you are ready to get you sleeping better with confidence and support that your family can get a better night's rest.

Contact me

hillfamilysleepsolutions.com
joelle@hillfamilysleepsolutions.com
[613-334-4605](tel:613-334-4605)

