

Bedrooms



Guidance on how to use your sleeping space effectively

About

Many children's bedrooms are multi-functional, especially teenagers who often use their bedrooms as a place to relax, socialise, do their homework, eat and sleep!

Children and young people may have access to different devices in their bedrooms such as TVs, computers, games consoles, and mobile phones as well as toys and books. This can blur the boundaries between the bedroom being a place to sleep and a place to play. Making it more difficult to fall to sleep.

It can be difficult for some children and young people to switch off these devices or stop playing with their toys when it is time for bed, particularly if they are doing this directly before bedtime.

For some children having lots of items lying around the bedroom can create a visual distraction, that makes it harder to settle to sleep.



Did you know?

Sleep is vital for our health and well-being and making some simple changes to our bedrooms can help all of us to get a good night's sleep.



Top tips tool kit

Keep the room cool: for children 12 months and over, the ideal bedroom temperature is between 16 - 19°C.

Finish activities: Make tidy-up time part of the bedtime routine, even for teens! Tidy toys from the bedroom floor, put devices on charge, and put any homework and books away or back in the school bag ready for the next day.

Take a break: For children who have spent all evening in their bedroom, plan the routine so that they can spend around an hour outside of their room as this helps create a different mindset - one ready for sleep!

Supper time: Incorporating a supper time outside of the bedroom, is a good way to extend the time between leaving the bedroom and returning for sleep. Keeping food and drinks outside of the bedroom also helps to keep bedding clean and helps with toilet training in younger children and ensure you don't lose cutlery and table wear!