

# Beds and Bedding



Guidance on all things bed related

## About

We spend 1/3 of our lives asleep. Ensuring we are comfortable and happy in our beds is important.

## Did you know?

According to BBC Bitesize, the first beds were made of stone and were thought to date back to between 3189 BC and 2500 BC



## Top Tip Tool Kit

**Use:** Keep beds for sleeping in, and try to avoid doing other activities in them, such as doing homework, playing with toys or watching TV.

**Structure:** Some children find the move from a cot to a bed difficult as they feel more secure in a smaller space. Bed rails, tents, and canopies can help with the transition and may also be helpful for children with sensory processing difficulties.

**Bed Type:** Ensure the bed is stable. Some beds such as high sleepers, bunk beds, or framed beds have more movement than a solid-based bed. Some children may find this unsettling and disorientating.

**Mattress:** Consider the type of mattress that your child likes to sleep on: some children may prefer a firmer mattress and some may like a softer one - their needs and preferences vary just like ours! Sensory differences can also play a part.

**Bedding:** Though colour and pattern can be the motivating factor for some children, bedding itself can make a difference to how well your child sleeps. Being too hot or too cold can disturb your child's sleep. Some children may need a lighter quilt or only a blanket. Avoid using plastic waterproof mattress protectors which can make your child hot and sweaty.

**Sensory:** Some children may like the proprioceptive feedback from using a compression sheet. Weighted blankets would not be recommended for sleep and should only be used under guidance from an Occupational Therapist.

**Collaboration:** Where appropriate allow your child to be part of the process when choosing a new bed - after all, they will be the ones sleeping in it!

