

# Noise

## Positives and Negatives About



Noise can make it difficult for some children to fall asleep and may contribute to waking them up after they have settled to sleep.



Noises may be from outside the house for example if you live near a busy road or have noisy neighbours.

Noise can also come from other rooms in the house e.g. an older sibling on the phone or gaming online, parents watching TV or the washing machine in the kitchen.

If family members work shifts, some children may be woken by their movement around the house or the use of the bathroom late at night or early in the morning.

For some people, silence can be distracting



### Did you know?

For some people who struggle to switch off or struggle with anxious thoughts, white noise has been shown to reduce the time it takes to fall asleep.

### Top Tip Toolkit

White noise can help to mask background noises from within and outside the house, making them less obvious.

White noise doesn't have to be the static sound that some people associate it with. It can be a variety of different sounds that play on a gentle rhythmic loop for example, it may be the sound of rain patter, the turning of the waves, or the crackling of a campfire. Everybody has different tastes and choosing the right noise for that person is important.

White noise can be played through a white noise machine, or there are many free apps for you to explore.

If using an app, it may be best to play white noise through a Bluetooth speaker or a cloud-based device e.g. Alexa or Google Nest, so that devices such as phones and iPads are not in the bedroom.

Some people prefer the sound of a fan, which can also be beneficial for people who get hot and sweaty at night.

Whichever noise you choose, and however you choose to play it, you need to ensure that it is safe to stay on through the night, as if it stops playing during the night, it could cause your child to wake before morning.