



Five ways to improve your child's sleep

Good-quality sleep is just as important for children as it is for adults – if not more so – but we all know it can be difficult to get kids to doze off and then stay asleep. Here are the easy ways to help your little ones sleep better.

From getting toddlers to sleep in their own rooms to setting bedtime boundaries for teens, find out how to help kids of all ages sleep better at night.

1. Let there be light

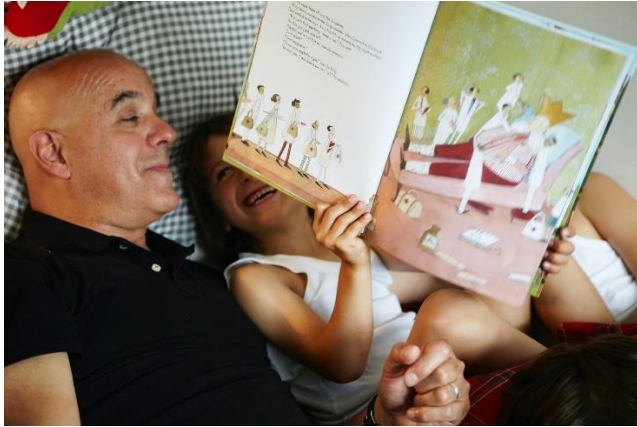
“As with adults, a child’s body prepares for sleep as it gets dark, so dimming the lights before bedtime will help create the right setting” Dr Guy Meadows, Sleep School

We all know light and sleep don’t mix very well, but understanding the science behind why, can help us to get better-quality shut eye and wake up feeling ready to face the day.

Lowered light levels will help your child fall asleep, but don’t banish all light when they finally drift off.

Sensor night lights won’t keep your child awake but can be helpful for keeping him or her safe during nighttime trips to the bathroom.





2. Wind down for sleep

Whatever your child's age, help them prepare for sleep by creating a regular winding-down routine for at least an hour before bed.

Calming activities like having a bath, reading, drawing, and listening to relaxing music will help set the right mood.

3. Hold firm

Children benefit from a firm mattress, which supports their growing bones and joints. It also helps reduce rolling and fidgeting, which interfere with sleep quality. At around the age of two, your child will begin to need a pillow. Make sure it keeps their spine aligned by testing different firmness and thickness levels.





4. Banish blue

It's tempting to allow devices like phones, tablets, and TVs in your child's bedroom at night, but the blue light they emit interferes with our bodies' natural rhythms while we sleep.

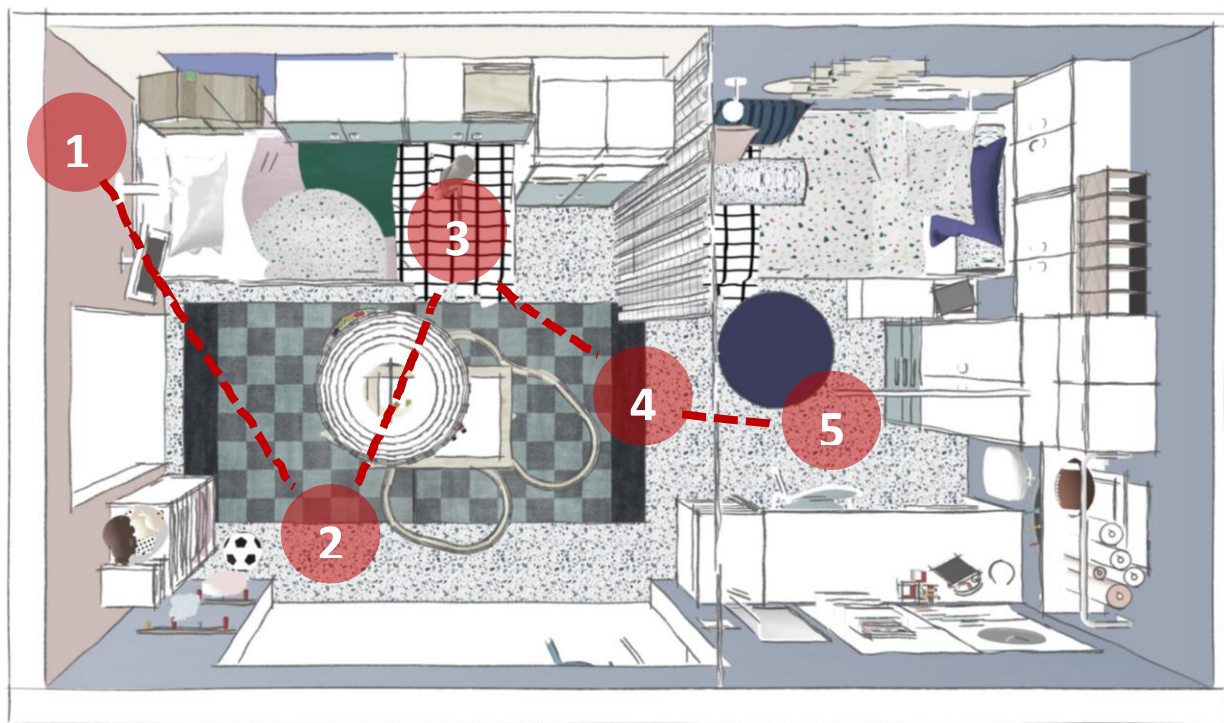
Set clear boundaries by letting your kids know they can't use these devices for at least an hour before bedtime.

5. Be a sleep champion

All children look up to their parents (even if they don't like to admit it!), so set a good example by practicing healthy habits yourself and explaining why sleep is so vital.

Champion sleep by talking to your kids about the importance it plays in development, performance, and long-term happiness.





1. Let there be light. Kids lighting ideas:

UPPLYST LED wall lamp, cloud white
Article number: 404.408.32



KORNSNÖ LED night light, white/rabbit battery operated
Article number: 004.337.20



UPPLYST LED wall lamp, butterfly light blue
Article number: 704.407.98



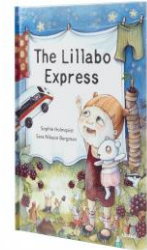
In-store and online availability may vary.

2. Wind down for sleep. Read a book, take time for drawing or listening to music:

MÅLA Wax crayon, mixed colors
Article number: 304.776.23



The Lillabo Express, Book
Article number: 704.454.80



SYMFONISK WiFi bookshelf speaker, white
Article number: 704.407.98



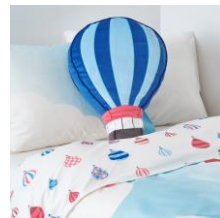
In-store and online availability may vary.

3. Hold firm. Brighten up your mattress choice with colorful textiles.

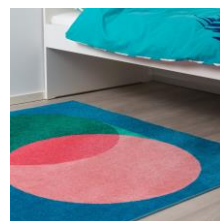
LATTJO Duvet cover and pillowcase, animal/multicolor. Twin.
Article number: 003.510.12



UPPTÅG Cushion, blue
Article number: 504.402.90



GRACIÖS Rug, pink/blue, 4' 4" x 5' 3"
Article number: 704.625.11



In-store and online availability may vary.

4. Banish blue. Pause electronics one hour before bed. Try these options instead.

CIRKUSTÄLT Children's tent
Article number: 403.420.54



Love the Orangutan, Book
Article number: 604.455.22



LILLABO 45-piece train set with tracks
Article number: 203.300.66



In-store and online availability may vary.

5. Be a sleep champion. How to practice healthy sleep habits.

MJÖLKKLOCKA Ergonomic pillow, side/back sleeper.
Queen
Article number: 204.467.74



MERETE Room darkening curtains, 1 pair, white. 57x98"
Article number: 401.119.87



MISTERHULT Table lamp with LED bulb,
Bamboo/handmade, 14"
Article number: 204.376.37



In-store and online availability may vary.