



## SLEEP ADVICE FOR CHILDREN

If you have children you may be worried about how to keep them warm this winter with the cost of living crisis. Our body temperature drops at night time and youngsters may wake if they do get too cold. It is also important however not to overheat children, this can make it harder to fall asleep and can be dangerous for babies, increasing the risk of SIDS.

### Here are some tips to help you to keep your family warm at night time:

- Close curtains and doors to keep heat in
- If there are rooms that you don't use turn the radiators off and close the doors
- Wearing layers is the best way to keep you and your family warm
- Nightwear made from natural fabrics is warmer than synthetics
- The ideal bedroom temperature is 16 -18 degrees
- Use a fleece underblanket over the mattress to retain heat
- Use a hot water bottle in bed, make sure it has a cover to reduce risk of scalding
- If your children throw the covers off and are then cold, consider using a double duvet
- Sleeping bags can be helpful too and there are a range of special sleepbags that are designed for infants upwards.
- Choose a duvet with a higher tog rating

We work with many families who are facing overcrowding in their homes or are unable to provide the basic sleep essentials and understand how difficult this can be. It is important your family is comfortable if you are to get a good night's sleep.

### Here are some simple tips:

- Room sharing can be tricky, try to partition rooms with furniture such as wardrobes so that children can have their own space and are less likely to be disturbed by siblings
- You can use blankets/duvets to provide padding making the floor a more comfortable space if you don't have a bed
- Use sheets to cover windows if you do not have curtains, light will disrupt your sleep
- Visit charity shops to pick up items at a reduced price

For more information and advice, visit The Sleep Charity at [thesleepcharity.org.uk](https://thesleepcharity.org.uk) or contact us on [info@thesleepcharity.org.uk](mailto:info@thesleepcharity.org.uk)