

Screen Time & Sleeping Patterns





Creating a good (screen free) sleep routine helps your child's body recognise that it's time to wind down. When bedtime is calm and consistent, children are more likely to fall asleep faster and stay asleep longer. A good routine will also help your child develop lifelong habits for better sleep, mood, and focus.

- Having cuddles encourages a child's brain to produce melatonin, the hormone that makes them sleepy, helping them have a good night's sleep.
- Regular active play time during the day (especially outdoors) builds a predictable rhythm that helps cue the body for sleep at night. It also leads to more restful and deeper sleep because children's bodies are naturally ready for rest.

Screens close to bedtime are linked to shorter sleep, more night waking, and less restful sleep. This happens for a few reasons:

- Overstimulation: Bright colours, fast movement, and loud sounds can make it tough for toddlers to relax before bed, even if they look calm.
- Sleep Habits: If your child gets used to falling asleep with a screen, they might have trouble sleeping without it later on.
- Blue Light Disruption: Screens (phones, tablets, TVs) give off a kind of light that can trick the brain into thinking it's still daytime, making it harder to feel sleepy.

Top Tips for a screen-free bedtime!

-  Be realistic. Begin by introducing wind-down time 30 minutes before bed time.
-  Once your child is ready for bed, share a book together.
-  Keep to a routine! A regular bedtime routine helps your child feel ready for sleep.
-  Lead by example. Be a positive role model for your child by putting your phone away during this time



Another useful thing to know... better sleep helps children regulate their emotions and behaviour the next day

We know it may be tough to move your child away from screens. We urge you to not give up! The steps you take will help your child's sleep patterns now and in the future.