

Sleep Hygiene Checklist for Children

Instructions:

These are healthy sleep habits recommended for better sleep

Environment

- ☐ Bedroom is quiet, dark, and cool.
- ☐ Comfortable mattress and bedding.
- ☐ No screens (TV, tablet, phone) in the bedroom.
- ☐ White noise or soft calming sounds if needed.

Routine

- ☐ Consistent bedtime and wake-up time every day.
- ☐ Bedtime routine includes calming activities (e.g., reading, bath).
- ☐ Avoid stimulating activities before bed (e.g., video games, rough play).

Daytime Habits

- ☐ Regular physical activity during the day.
- ☐ Limited naps (appropriate for age).
- ☐ Exposure to natural light during the day.

Food & Drink

- ☐ No caffeine (chocolate, fizzy drinks) in the afternoon/evening.
- ☐ Light snack if hungry before bed (avoid heavy meals).

Screen Time

- ☐ No screens at least 1 hour before bedtime.
- ☐ Devices charged outside the bedroom.

Sleep Associations

- ☐ Child falls asleep in their own bed.
- ☐ Avoid rocking or feeding to sleep (if age-appropriate).

