

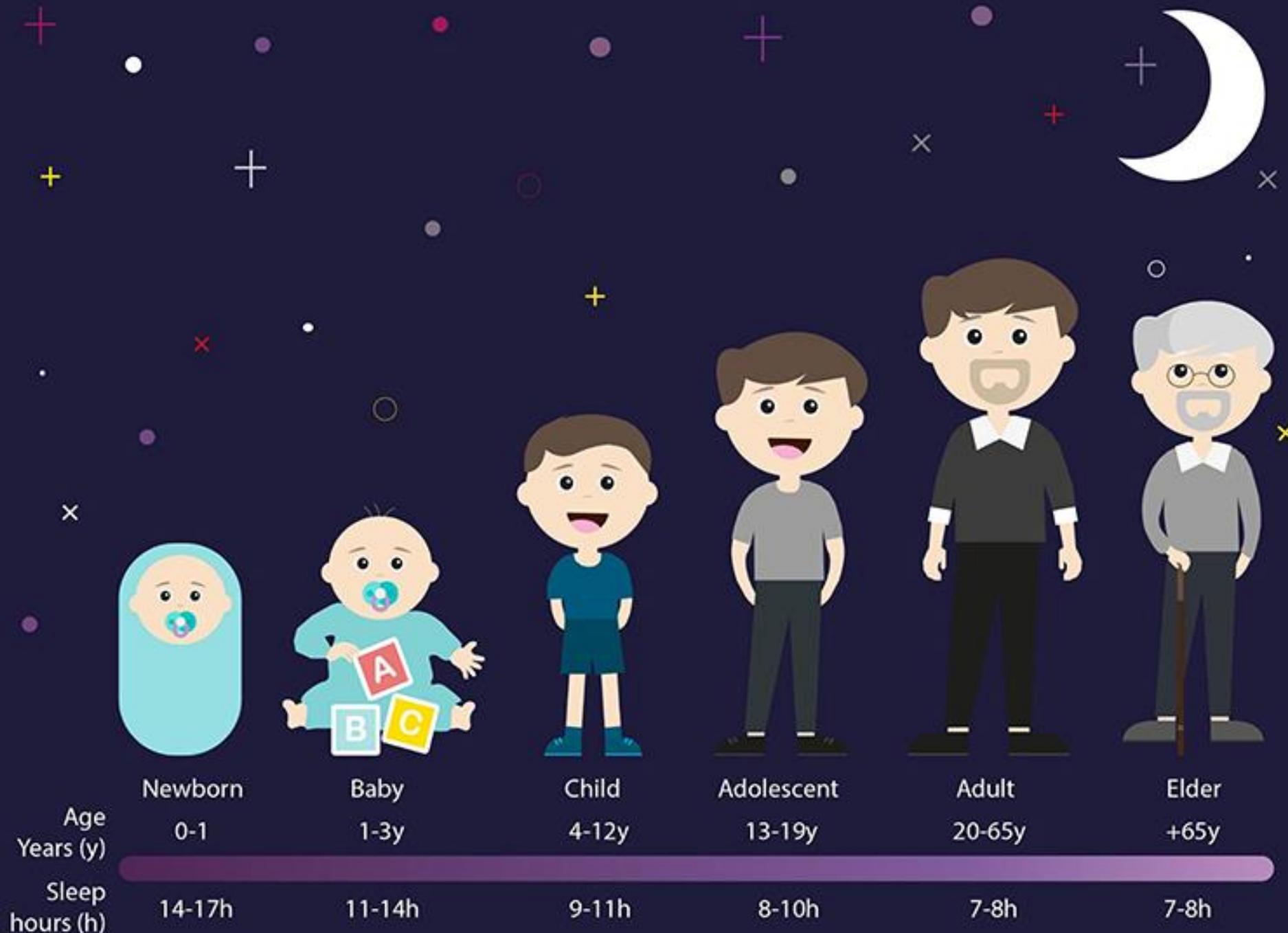


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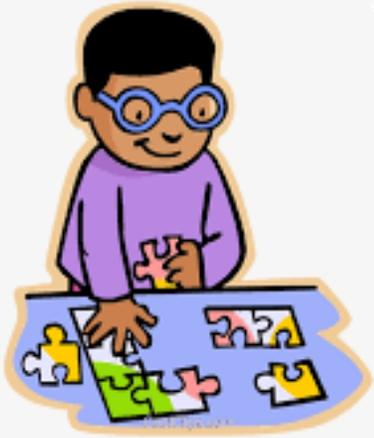
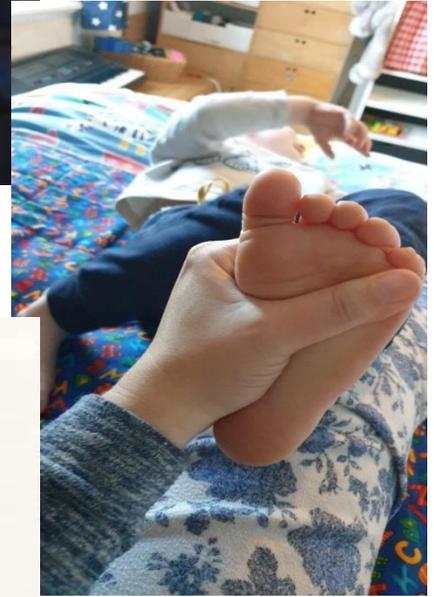
Top tips to support sleep



How much sleep do we need?



Top tips for getting ready for bed



GIVE ME 5



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Sleepy foods

What your child eats during the day may impact on their sleep during the night. Avoid sugary snacks and anything containing caffeine. Below is a list of foods that may aid sleep:



Almonds Contain magnesium promotes both sleep and muscle relaxation. They also help to keep blood sugar levels stable overnight.



Bananas are an excellent source of magnesium and potassium. They also contain Tryptophan an amino acid that helps us to sleep but don't forget fruit contains sugar too. Blend 1 banana with 1 cup of milk or soy milk to make an ideal bedtime drink.



Dairy, yoghurt, milk and cheese contain Tryptophan helping us to nod off more easily. Calcium is effective in stress reduction and it's not true, cheese does not give you nightmares!



Cherries particularly tart cherries have been found in one small study to boost melatonin production. You could try drinking a glass of cherry juice (available at most natural food stores) or a serving of fresh, frozen or dried cherries before bedtime.



Cereal not only is it healthy snack, but it may also help you snooze. Complex carbohydrate-rich foods increase the availability of Tryptophan in the blood stream. Avoid sugar-coated cereals though, these will give your child a sugar rush and wake them up!



X



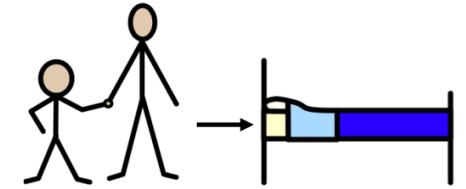
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We are
LSCft

Top tips for rapid return

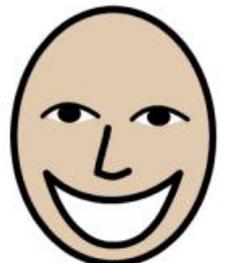
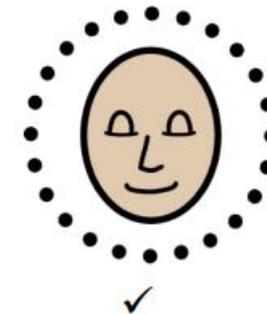
Step 1. If your child gets out of bed tell them “its bedtime” and take them back to bed.



Step 2. If they continue to get out of bed, DO NOT say anything and just guide them back to bed. **DO NOT** engage in conversation or start getting them things they ask for. Make sure they have everything they need to begin with.



Be prepared for this to take some time and take them back as many times as it takes to get them settled. This will reduce in time if you keep going.





CALL US

03303 530 541



SPEAK TO TRAINED SLEEP ADVISORS

Available Sunday – Tuesday & Thursday 7pm-9pm

Wednesday 9am-11am

**excluding Bank Holidays*

This is a confidential service. We would only need to share what you tell us if we are worried about you, someone else or there has been a crime.



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Sleep charity www.sleepcharity.org.uk

Teen Seep Hub www.teensleephub.org.uk

Young Minds www.youngminds.org.uk

Enuresis Resource and Information Centre (ERIC)

ERIC, The Children's Bowel & Bladder Charity (www.eric.org.uk) is the only charity dedicated to the bowel and bladder health of all children and teenagers in the UK. ERIC provides expert support, information and understanding to children and teenagers and enables parents, carers and professionals to help them establish good bowel and bladder health.

ERIC Bladder and Bowel Helpline: 0845 370 8008 (Calls to the helpline cost 9.6p per minute, plus the phone company's access charge) Tel: 0117 960 3060 Email: helpline@eric.org.uk Web: www.eric.org.uk

