

Sleep Tips: Temperature



The following advice is only recommended for children who are over the age of 12 months

Body temperature fluctuates during the day. Your child's body temperature will peak late afternoon and then start to drop in the evening. About two hours before bed, core body temperature lowers, which signals to the brain that it's time to fall asleep. **This lowering of body temperature kickstarts melatonin production, which is the hormone that helps your child to fall asleep.**



Above 24°C - Too Hot! Your child is likely to experience restlessness and have difficulties falling or staying asleep.

15.6°C - 19.4°C - Just Right! This is the ideal bedroom temperature for most people.



Below 12°C - Too Cold! Cold rooms can affect sleep, especially REM sleep. If your child is too cold, it may be difficult for them to settle to sleep.

Invest in a room thermometer so that you can keep track of the temperature in your child's room and monitor how they sleep.

Tips for reducing heat to promote sleep

- Turn down or turn off radiators.
- **Reduce the level of bedding.** Use a lower tog duvet or a light sheet. Look for bedding that is breathable or made with TENCEL - a material used in bedding that keeps the body cooler.
- **Remove soft toys** from around the bed as they can trap heat.
- Give your child **light cotton underwear or nightwear** to wear in bed.
- **Use a fan** (only if your child is not disturbed by the noise). If it is particularly hot, you can place a tray of ice in front of the fan, which will cool the room even more.
- **Open bedroom windows** (only if the noise outside won't bother your child). If you do open windows, **be sure to keep blinds and curtains shut**, so the room stays dark.
- **Fill a hot water bottle with cool water** and place it at the bottom of the bed near your child's feet or put cooling socks on your child's feet.
- **Tie long hair up.**

