

Inclusive Developmental and Therapy Center

Better Sleep: A Home Program for Calmer Nights

inclusivetherapycentre.com · +92 314 6040262

Bedtime battles and broken nights are exhausting, and they are one of the most common worries parents bring to us. The reassuring part is that sleep is a habit, and habits can be gently taught. This program gives you a simple, steady routine to help your child wind down and settle more easily, night after night.

This guide supports good sleep habits but does not replace medical advice. If your child's sleep problems are severe, sudden, or come with any worrying signs, please speak to your doctor — some sleep difficulties need a proper check.

♥ Who this program is for

- ✓ Parents of children who fight bedtime or take a long time to settle
- ✓ Families dealing with frequent night waking
- ✓ Children who have slipped into unhelpful sleep habits
- ✓ Parents wanting a calm, consistent bedtime routine
- ✓ Anyone who is worn out and wants a clear, gentle plan

⚡ Important — when to get professional help

This is a supportive home program, not a diagnosis or a substitute for an assessment. Please speak to a professional promptly if:

Loud snoring or pauses in breathing during sleep — this can be a sign of sleep apnoea, so please see a doctor

Extreme, worsening or unusual distress at bedtime or during the night

A sudden change in sleep alongside other worrying signs, such as weight loss, pain or low mood

Daytime sleepiness that is severe or affecting how your child functions

Any breathing, choking or gasping episodes during sleep

☆ Your step-by-step roadmap

Move at your child's pace, not the calendar's — the “weeks” are a gentle order, not a race. Repeat any stage as long as it helps.

Week 1 – Set the scene for sleep

Get the bedroom and daytime habits working for you.

Make the bedroom cool, dark and quiet, and keep it a calm place, not a play zone.

Aim for a similar wake-up time every morning, including weekends, to steady the body clock.

Get plenty of daylight and active play during the day, especially in the morning.

⚡ **Try this:** Dim the lights around the house an hour before bed to signal that night is coming.

Week 2 – Build a calm bedtime routine

Create the same soothing steps every night.

Choose three or four calm steps in the same order — for example bath, pyjamas, teeth, story.

Start the routine at the same time each night and keep it to about 30 minutes.

End in your child's bedroom with something quiet, like a short story or a soft song.

 **Try** A simple picture chart of the bedtime steps helps young children know
this: what comes next.

Week 3 – Screens off and winding down

Remove the things that keep the brain switched on.

Switch off screens at least an hour before bed — bright screens make it harder to feel sleepy.

Swap fizzy or sugary drinks in the evening for water or warm milk.

Fill the wind-down hour with quiet, gentle activities such as reading, drawing or a warm bath.

 **Try** Keep a comforting bedtime object nearby — a favourite teddy or blanket
this: can help your child feel safe.

Week 4 – Settling and gentle night waking

Help your child learn to settle themselves.

Put your child to bed drowsy but still awake, so they learn to fall asleep in their own bed.

If they wake in the night, keep things calm, boring and quiet, and gently return them to bed.

Stay consistent — the same calm response every time helps the habit stick faster.

 **Try** Reassure with a quiet phrase and a gentle touch rather than switching on
this: lights or long chats.

Week 5 – Keep it steady

Protect the good habits you have built.

Keep the same routine even when life gets busy, adjusting only slightly if needed.

Praise your child in the morning for settling well or staying in bed.

Expect the odd off night, especially with illness or big changes, and gently return to the routine.

 **Try** When travelling, bring familiar bedtime items so the routine still feels
this: the same.

Tricks that make it work

- ✓ Consistency matters more than perfection — the same steps most nights is what counts.
- ✓ Keep bedtime and wake time steady, as a regular rhythm is the strongest sleep helper.

- ✓ Avoid big meals, sugar and rough-and-tumble play close to bedtime.
- ✓ Look after your own rest too — tired parents find calm routines harder.
- ✓ Try not to use the bedroom as a place for time-out or telling off.
- ✓ Give a new routine one to two weeks before judging whether it is working.

How you'll know it's working

- Your child falls asleep more quickly than before
- Fewer or shorter wakings during the night
- Calmer, less resistant bedtimes
- Your child wakes more refreshed and settled in the morning



Is this based on real methods? This program is built on well-established principles of sleep hygiene and consistent wind-down routines — the same steady habits and calm bedtime environment recommended by paediatric and public-health sleep guidance.