

*Psychiatric Best Practice Guidelines for Children: Birth to Five Years of Age  
Practice Protocol*

*Attachment A: Sleep Hygiene<sup>1</sup>*

**Baseline Assessment of Sleep History and Patterns**

- 1) Screening of sleep habits
- 2) Screening for sleep disorders
- 3) Parent completed sleep log for 10 days. Sleep logs can be provided by the BHMP.

**Sleep Hygiene**

Here are some important things you can do to ensure that your child gets enough sleep:

- Set a regular time for bed each night and stick to it.
- Establish a relaxing bedtime routine, such as giving your child a warm bath or reading him or her a story.
- Make after-dinner playtime a relaxing time. Too much activity close to bedtime can keep children awake.
- Avoid feeding children big meals close to bedtime.
- Avoid giving children anything with caffeine less than six hours before bedtime.
- Set the bedroom temperature so that it's comfortable – not too warm and not too cold.
- Make sure the bedroom is dark. If necessary, use a small nightlight.
- Keep the noise level low.

Additional resource: [http://www.zerotothree.org/site/PageServer?pagename=key\\_sleep](http://www.zerotothree.org/site/PageServer?pagename=key_sleep)

---

<sup>1</sup> Hints for Healthy Sleep from the National Institutes of Health