

# September Sleep Tips for Your Child or Teen

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Ensuring your child or teen gets a good night's sleep can be challenging but is crucial for their overall well-being. Here are some effective tips to help improve their sleep quality this September.

## Create a Sleep-Friendly Environment

- **Comfortable Bed:** Ensure the bed is comfortable and inviting.
- **Dark and Quiet:** Make the bedroom dark enough for sleep and limit noise.
- **Sleep-Only Zone:** Use the bedroom exclusively for sleeping to create a strong mental association.

## Encourage Daytime Activities

- **Fresh Air and Exercise:** Encourage plenty of outdoor activities and physical exercise during the day to help tire them out naturally.
- **Healthy Diet:** Establish a routine for eating a healthy, balanced diet. Avoid caffeine-containing drinks and foods like tea, coffee, energy drinks, and cola.

## Establish a Routine

- **Consistent Bedtime:** Set a regular bedtime and wake-up time to regulate their internal clock.
- **Manage Anxiety:** Help your child manage anxiety by accessing appropriate support services.

## Reduce Screen Time

- **Limit Screen Exposure:** Minimize screen time and avoid screens entirely at least one hour before bedtime. The blue light emitted from screens can interfere with the sleep cycle.



By following these tips, you can help your child or teen develop better sleep habits that will benefit their health and well-being. For more support, consider reaching out to mental health charities like [YoungMinds](#) or health services like the [School Health Service](#) or [East Sussex Family Advice Service](#).

Let's make this September the month of restful and rejuvenating sleep for your young ones!