Clean Sleep

Quality sleep is essential for children's growth and development. A decent night's sleep will help them to do better at school, allow them to react more quickly to situations, have a more developed memory, learn more effectively, and solve problems, plus it will make them less susceptible to colds and other minor ailments, less irritable and better behaved!

Sleep deprivation causes increased hyperactivity and other behavioural problems, as well as damaging physical and mental development. Poor sleep habits from an early age can lead to long term sleep problems.

The Sleep Charity offer lots of practical help, tips, and support for parents in encouraging positive patterns of sleep. The link below takes you directly to their website for more advice.

[Children - The Sleep Charity](#)