

SLEEP MAP ACTIVITY

PARENTS GUIDE

Use this guide to work through the Sleep Map with your child. You can print the map and do it together, there is no 'perfect way' of doing this activity - you can do it as a list, you can do it creatively or even just spoken through.

ROUTINE

What this section is for:

Helping your child see their evening in chunks so bedtime feels less like a surprise and more like a gentle transition.

How to use it:

- Ask your child to write or draw what they do each evening from 6 p.m. to 10 p.m.
- Include small steps that help their body wind down, not just a bed time.

• Examples:

- 6:30 pm - dinner finished
- 7:00 pm - bath or calm play
- 7:30 pm - quiet reading/cuddle time
- 8:30 pm - lights dimmed

Tip for parents:

Don't worry about strict rules or sticking to the routine rigidly - here we focus on predictability to help reduce bedtime anxieties

EMOTIONS

What this section is for:

Identifying if any emotions might be playing a part in difficulty going to bed or getting to sleep

How to use it:

- Let your child circle or write how they feel today.
- Then ask: "If you feel this way at bedtime, what helps you feel calmer?"
- Examples they might write:

- "Stressed" → deep breaths, story
- "Excited" → calm music, soft hug
- "Worried" → talk it out, draw the worry

Tip for parents:

Use the 'sleep strategies' section to support with the solutions

ENVIRONMENT

What this section is for:

Collaboration in creating a peaceful, relaxing physical environment can help a child see the effort they have made to enjoy the space and use it.

How to use it:

Ask your child to draw or add items in their space that help them feel safe and cosy.

If you are doing this activity during the day, prepare to go and shop purposefully - "we will get some twinkly lights today" - ensure your child is part of the creations.

Ideas to include:

- Twinkly lights or soft lamp
- A favourite pillow or stuffed toy
- Blackout curtains
- Calm sound machine

Tip for parents:

Try to include removing phones / devices / screens - replace them with a kindle / book / sound machine

SLEEP STRATEGIES

What this section is for:

Figuring out what ACTUALLY helps - healthy and purposeful changes to improve and enjoy sleep

Instead of:

✗ "You should fall asleep fast"

Try:

✓ "Here are things that might help your body feel calm enough to drift off."

How to use it:

Together, write or draw strategies your child could use when they're trying to sleep, such as:

- Slow breathing
- Reading a book
- Listening to calm sounds
- Thinking of a favourite place
- Drawing my thoughts

More strategies:

- cuddling my favourite toy
- starting from toes - switch off each part of my body
- holding something warm
- listen to a bedtime story
- three good things
- whisper instead of talking
- stretching each arm and leg out
- heavy hugs
- write worries down and put them in another room / in a drawer ready to sort through tomorrow

Tip for parents:

Try these as post-it notes, they can be swapped and changed or focused on each night

SLEEP MAP

ROUTINE

5pm	5:30pm	6pm	6:30pm	7pm

7:30pm	8pm	8:30pm	9pm	9:30pm

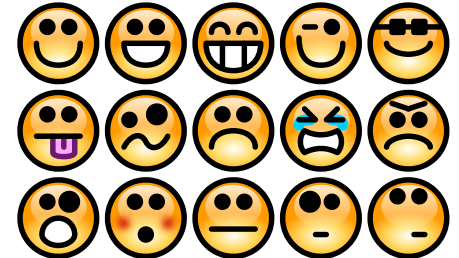
EMOTIONS



"I had a fun day"



"I didn't like the way my friend spoke to me today"



ENVIRONMENT



SLEEP STRATEGIES

Body Scan



1. Toes
Wiggle... then relax.
Goodnight, toes.
2. Legs & Tummy
Let them feel heavy and soft.
3. Arms & Shoulders
Drop them down.
Nothing to hold.
4. Face & Brain
Unclench.
Slow breath.
Lights dim.

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