



## **3-5 years Sleep Tips**

Your pre-schooler will need between 10-12 hours of sleep at night - like adults, there's a wide range of 'normal'.

- They will most likely give up napping during the day at this time.
- Their bedtime will probably become later as they need less sleep overnight
- They may still wake during the night and want you to comfort her.
- Sleep problems, such as nightmares and sleepwalking, are common at this age.
- Your pre-schooler may find it more difficult to settle to sleep - especially after a big day at pre-school - and may develop a range of delaying tactics at bedtime.
- If you have been sharing a bed up until this time, you may find that your pre-schooler is ready to move into their own bed and their own room.

### **Night Waking**

Night waking is still common at this age. While some children will be able to resettle themselves, others will still need your help to resettle. As they grow older, they won't feel the need to be so physically close to you, so their regular visits to your bed in the dead of night should gradually lessen.

If your child needs help to go back to sleep you may need to change some of the 'going to sleep' routines. Make sure that you settle them in their own bed when they first go to sleep, otherwise they may be disoriented when they wake during the night.