



6 WAYS TO IMPROVE YOUR CHILD'S SLEEP DURING THEIR HOSPITAL STAY

BRING ITEMS FROM HOME

A pillow, blanket, and stuffed animal will make them feel more comfortable.

LET LIGHT INTO THEIR ROOM DURING THE DAY

and dark into their room at night.

HELP THEM GET PHYSICAL ACTIVITY

if they are able! Exercise can be done in a bed or chair, or around the ward.

LIMIT NAPPING (IF OLD ENOUGH)

Encourage teens to keep their naps early in the day and to only 30 minutes.

CHANGE THEIR MEDICATION SCHEDULE

Ask the healthcare team if they can be changed to only during the day.

RELAX BEFORE BED

Encourage no screen time and instead meditation, reading or deep breathing.

