

My Top 5 Tips To Get Your Kid To Relax So They Go To Sleep & Stay Asleep All Night.

- **1 - Avoid the blue light (screen time) at least 1 hour before bed, we want their body to produce a healthy amount of melatonin (sleep hormone) so they are able to reach a nice deep sleep and are then getting the right quality and quantity of hours sleep each night! Screen time & bright lights will inhibit the production of melatonin and increase cortisol decreasing their sleep quality.**
- **2 - Magnesium bath 2-3 nights a week, Epsom salts are the perfect way to get a nice quick dose of magnesium in whilst increasing relaxation and supporting detox pathways. An Epsom salt bath can help to relax their body into a deeper calm and better quality sleep.**
- **3 - Complex carbohydrates at dinner time! Each dinner meal should have a good source of complex carbohydrate such as, brown rice, pumpkin or sweet potato. These are a good slow release of energy so supportive for calming and also will help their body to feel more satisfied for food longer.**
- **4 - Connection, read a book to your child in their sleeping environment, this is to help give them the feeling of safety, holding space for them to relax enough to calmly fall asleep.**
- **5 - essential oils, i never pass up an opportunity for some beautiful oils. You can use them diffused or put a couple drops under their pillow, maybe add to their bath! Lavender is my favorite oil for sleep time.**