

Recommendations for Children and Women in Family Contexts

(Altena et al., 2020)

- Keep regular sleep times for your child or children (and for yourself); select the best time for them and keep them in a pattern.
- Make the last 30 min before bedtime a regular routine that includes calming activities. Choose activities that not only the child enjoys, but that you do too. A parent happy to be with him/her is what a child enjoys most. Keep the order and duration of activities similar each night.
- While using computer, smartphones and watching TV more than usual may be inevitable in confinement, avoid technological devices after dinner or too close to bedtime.
- Do not allow your children to use smartphones, tablets or TV in bed.
- If your household space allows it, try to avoid children using their bed for activities other than sleeping (e.g. eating, playing, homework), or make a clear distinction between daytime bed use and night-time bed use (e.g. by changing a cover, sleep pillows versus wake pillows).
- If you can go out, it is best to go out in the morning, and have your breakfast in a place with bright light, if possible, a garden or balcony.
- If you cannot go out, still take care of your child's physical activity. A large amount of creative online programs for sports at home with children has been set up in many countries. These may be very helpful.
- Keep the child's room comfortable (temperature at about 19°C, and dim light at night).
- Reassure children that keeping to schedules and routine helps them to sleep well and deal with their emotions.
- In case of anxious awakenings, reassure children during the night.
- Do not sleep in the same bed as the child. Instead, (repetitive) reassurance is more effective.

Altena, E., Baglioni, C., Espie, C.A., Ellis, J., Gavrilloff, D., Holzinger, B., Schlarb, A., Frase, L., Jernelov, S. & Riemann, D. (2020). Dealing with sleep problems during home confinement due to the COVID 19 outbreak: Practical recommendations from a task force of the European CBT-I Academy. *Journal of Sleep Research*, 29, 29(4), 1-7.

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