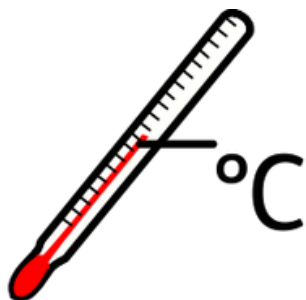


Creating a good bedroom environment



Check the temperature.
Around 18 degrees is ideal.



No screens or gadgets for 1
hour before bed.



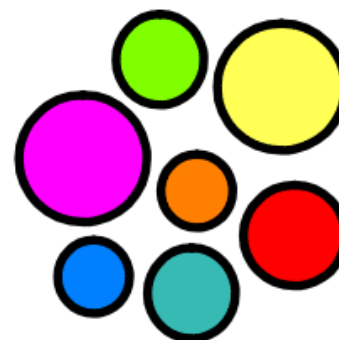
Put away or cover all toys in
the bedroom.



Keep the room dark. Use
blackout blinds or curtains.



Check pajamas and bedding
are compatible with child's
sensory needs.



Avoid bright colours in the
bedroom.