



Sacred Sleep Space

Zzz . . .

Goal: Create a calm sleeping space where you do not work, watch television, or do chores.

[Tip]: Encourage the same mentality and model your own positive sleep space for your child.

Why is this important? Using your bed for sleep as opposed to a place to spend time encourages your mind to wind down at bedtime, which helps to set a healthy sleep pattern.

References: Bondke, P., & Persson, P. (2014). Sleep. *Acta Physiologica* (Oxford, England), 210(2), 229-30. doi:10.1111/apha.12216