



Government of Western Australia
Child and Adolescent Health Service

Easy Read



Tips for healthy sleep

Toddlers 18-24 months



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Why sleep is important



Two-year-olds are full of **energy**. They still need **lots of sleep** to **help** their **growing brains** and **bodies**.



It's **common** for **toddlers** to have **trouble sleeping**.



You are **not alone**, **many families** go through this.

How much sleep do toddlers need?



Your toddler will need
11-14 hours total sleep
(This include **naps**).



This includes **1 nap** during
the **day**.



You can **help** your toddler get
the sleep they **need**.

By following the **SLEEPSS**
Sleeping tips.

8 Sleeping tips: SLEEPSS



1. Set a bedtime routine

Stick to the **routine** you create. Try something like bath, brush teeth, story, cuddle, then sleep.



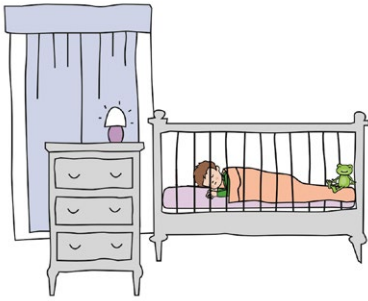
2. Lock in bedtime and wake time

Keep **the same bedtime** and **wake-up time**. Doing things at the same time each day helps your toddler **feel safe**.



3. Encourage and empower

Give **small choices**. Let your **toddler** pick their **PJs** or which **book** to read, but keep the **bedtime** steps the **same**.



4. Ensure safe sleep

Make the **room quiet** and **cozy**. Use **soft light**, **remove loud toys**, and **offer** a **teddy** or special **blanket**.



5. Peaceful night time responses

Praise your toddler for going to bed calmly and staying in bed during the night. **Reward** with praise or a **small reward**, like a **sticker** or liked activity.



6. Prevent delay tactics

Be **gentle**. Say **no to delays**. Be **kind** but **firm**. One hug, one story, one drink, then **lights out**.



7. Spot sleepy signs

Look for **sleepy signs** like rubbing eyes, yawning, losing interest in play. **Overtired toddlers** may not fall asleep very well.



8. Stay patient and consistent

Sleep issues may take time to **change**.

Other helpful tips



If your **toddler cries** when you **leave**, say a short goodbye to **build trust**, then **step away** to support **independence**.



If your **toddler wakes up** and **calls out** for you, guide them **back to bed** gently, **keep things** quiet and **simple**.



If your **toddler** keeps **saying “I’m not tired”**, **stick** to the bedtime **plan**.



If your toddler has **scary dreams**, **comfort** them **calmly** and don't **talk** about the bad **dream**.



If your **toddler skips naps** or gets **cranky** in the **afternoon**, offer **quiet time** daily.



Make **bedtime earlier** if **naps** are **skipped**.

When to see a doctor



If your toddler wakes often or seems tired during the day, trust your **feelings**, reach out for **support**.



If your toddler **struggles** to **breathe** at night, **snores** loudly, or leaves the pillow wet with **drool**, they could have a medical issue.



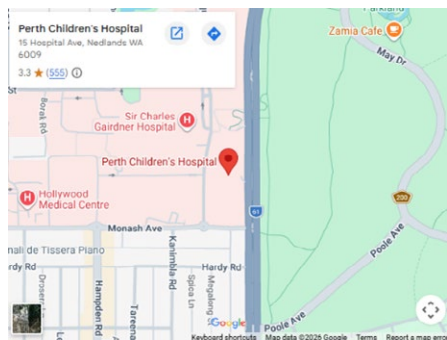
Your **GP or doctor** is your first point of contact. Your GP can refer you to **Ngala** for more sleep advice.

Or refer you to a private doctor or specialist clinic.

The **Sleep Clinic** at **Perth Children's Hospital** (to check sleep and breathing)

Or

The **Ear Nose and Throat (ENT) Clinic** at **Perth Children's Hospital** (to check for airway problems).



Resources

There are good resources for sleep.



Ngala gives information and advice.

Ngala has a **Parenting Line** which is open 8am-8pm for advice on sleep issues.

The number is **(08) 9368 9368**.

Ngala **welcomes all cultures**.

Other **helpful links** include:



Australian Government's
Raising Children Network



Sleep resources from
Royal College of General Practitioners



Australian Sleep Health Foundation



Government of **Western Australia**
Child and Adolescent Health Service



For more information [scan the QR code](https://cahs.health.wa.gov.au/Neonatology-Resources) or visit
cahs.health.wa.gov.au/Neonatology-Resources

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