



HalibOrange®

Younger Minds

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Digital Sleep Talk Guide: helping kids dream and parents rest easy

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Written in partnership with
paediatric sleep consultant,
Rosey Davidson

Recommended by mindfulness
practitioner, **Izzy Judd**



Haliborange's digital sleep talk guide highlights how small changes to our children's routines can make a big difference. Paediatric sleep consultant, Rosey Davidson, understands that supporting our children's sleep isn't just something we think about when our children are babies - disrupted sleep, tricky bedtimes, and restless nights in tweens and teens is all normal.

The new Haliborange YoungerMinds range has been scientifically formulated to support our children aged 6-16 years old through the ups and downs of growing up, and to help aid sleep, support mental focus, and normal psychological function, all of which can contribute to their emotional wellbeing. At Haliborange, we want to help empower our tweens and teens during those restless nights, and as Sleep consultant Rosey says, once children *"realise sleep boosts mood, memory, energy, and even growth, they're more likely to want to protect their rest."*

In partnership with Haliborange, Rosey has shared her go-to, science-backed, sleep strategies to help older kids and teens wind down and get better rest. Izzy Judd, mindfulness practitioner and author of *Mindfulness for Mums*, resonates with this guide, sharing her family's tips and tricks for a good night's sleep.

"As a mum to three very different sleepers, something I have remained consistent with for all my children has been the same routine before bed each night to help prepare us all as best I can for sleep."

*- Izzy Judd,
Mindfulness Mum*



So, what is the trick? Let's get into it:

1. STICK TO A REGULAR SLEEP-WAKE SCHEDULE (yes, even at weekends!)

Why it works: Research shows that regular sleep patterns improve sleep quality and help with faster sleep onset (how long it takes us to fall asleep). It's also important to work with our natural chronotypes (where we're night owls or morning larks) - especially teens who naturally tend to go to bed a little later and wake up later. Honouring this shift, while keeping bed and wake times consistent within that rhythm, supports healthier sleep.

Try this: Aim for ideally no more than a 1-hour difference in bedtime and wake time across the week. Finding a consistent routine that fits your child's natural sleep timing helps regulate their internal clock and makes falling asleep and waking up easier. We need to allow enough time for them to meet their sleep 'needs' overnight, so work back from the time they must be up in the morning to find the optimal bedtime.

2. DIAL DOWN THE TECH AT LEAST AN HOUR BEFORE BED

Why it works: It's not just the blue light from screens that impacts sleep, although that can impact the release of melatonin which is one of our sleep hormones. More importantly, the content we as humans consume on devices can be highly engaging or even addictive, keeping the brain alert and stimulated at a time when it should be calming down. Whether it's social media, gaming, or videos, this stimulation can make it much harder for children and teens to switch off, increasing sleep onset time and reducing overall sleep quality.



Try this:

- ★ Set a clear screen curfew on phones, tablets, gaming consoles, and TVs, switching these off at least 60 minutes before lights out
- ★ Consider having a tech-free bedroom - an old-fashioned alarm clock is great!
- ★ Encourage low-stimulation activities before bed like reading, drawing, listening to calming music, or audiobooks. This helps the nervous system relax and signals that bedtime is approaching.

Izzy Judd, Mindfulness Mum, says:

"We love reading a book or listening to an audio book together before bed. My kids have all attached themselves to certain stories over the years. I think these become a comfort and part of the bedtime routine. As they get older, they enjoy either reading by themselves or listening to an audiobook. I now really cherish the time reading with my youngest as I know he will be my last to share these gorgeous stories with!"

3. USE LIGHT TO YOUR ADVANTAGE

Why it works: Natural daylight in the morning helps reset the circadian clock and promotes alertness. Light exposure during the day adds to our melatonin stores, which are then released as it gets dark, helping us feel sleepy at night. For neurodivergent children especially, extra light exposure during the day can make a big difference in improving sleep quality. Darkness at night encourages melatonin production and signals the body to wind down.



Try this: Encourage outdoor time in the morning particularly, even 15 minutes helps. In the evening, dim household lights and use blackout blinds to support healthy sleep hormone production and bedtime wind down.

4. HELP YOUR KIDS MANAGE THEIR WORRIES BEFORE BED

Why it works: Older children and teens often lie awake with busy brains, whether it's friendship drama, school pressure, or general overthinking. Night-time can amplify worries and make it harder to switch off. Research shows that cognitive strategies like journaling or 'worry time', combined with calming techniques such as mindful breathing or short meditation exercises, can significantly reduce bedtime anxiety and promote better sleep.

Try this:

- ★ Build in 10–15 minutes earlier in the evening for your child to talk through their day, jot down worries, or make a to-do list for tomorrow
- ★ A “brain dump” notepad by the bed can also be a great way to park worries until morning
- ★ Introducing calming practices like belly breathing or a short mindfulness meditation (many apps have child-friendly options) helps the mind and body shift gently into rest mode.

Izzy Judd, Mindfulness Mum, says:

“We often share a meditation together. This is really co-regulating and learning breathing techniques is such a brilliant skill to have forever to help soothe our worries away and quieten those busy minds. I do something called teddy breathing where we both place a teddy on our tummies and watch it rise and fall with our breath. With my daughter who is now 9, we now listened to sleep stories together.”



5. CREATE A CALM AND COSY BEDROOM SPACE

Why it works: An ideal sleep environment helps the brain and body associate the bedroom with rest. Factors like light, temperature, noise, and comfort all affect how quickly children fall asleep and the quality of their rest. Too much light can disrupt melatonin production in the evenings and cause early rising in the lighter summer months. A room that's too warm can lead to restlessness, while a cool, dark, and quiet space encourages deeper sleep cycles.

Try this:

- ★ Keep the bedroom cool, ideally between 18–20°C, to support natural drops in body temperature that promote sleep
- ★ Use blackout blinds or curtains to block out external light and consider a sleep mask if needed
- ★ White noise machines or fans can help mask sudden noises, especially for light sleepers
- ★ Make sure bedding is comfortable and that pyjamas are breathable (ideally cotton) to prevent overheating
- ★ Finally, keep the room tidy and free from clutter or overstimulating toys, so the space feels restful and inviting

6. START A WIND-DOWN ROUTINE YOUR KIDS WILL ACTUALLY ENJOY

Why it works: A predictable, calming bedtime routine signals to the brain that it's time to shift gears from daytime activity to restful sleep. Research shows consistent routines reduce time to fall asleep, improve sleep quality, and can even boost mood. Importantly, a routine that the child enjoys and has some control over is more effective and sustainable - it builds positive associations with bedtime rather than resistance.



Try this:

- ★ Aim for a wind-down routine lasting 20–30 minutes that includes relaxing activities such as a warm shower or bath, journaling, gentle stretching, or reading together
- ★ Encourage your child or teen to have input into the routine so it feels personalised and supportive
- ★ Avoid anything too stimulating or screen-based. Mindfulness exercises, calming music, or breathing techniques can be integrated to help the nervous system relax
- ★ Over time, this consistent ritual helps the body prepare for restful sleep

Izzy Judd, Mindfulness Mum, says:

“Take your time at bath time. Water is a really lovely sensory way to calm down little nervous systems and even better when you add magnesium salts (my magic potion!) I often put on classical music in the background.”

What does this mean? Essentially, it’s all normal.

Sleep shifts as children grow and other elements of their life stretch and change: hormones, social pressures, friendships and school can all play a role. This means sleep challenges may ebb and flow and with patience and the right strategies, restful nights can be restored. Supporting sleep isn’t about perfection but progress, and small consistent steps matter more than quick fixes.

Along with our digital sleep talk guide, our Haliborange YoungerMinds Night-Time range <https://www.haliborange.com/youngerminds/> consisting of B vitamins, L-Tryptophan and Magnesium can help support you and your children with the bedtime routine.

Rosey Davidson,
Paediatric Sleep Consultant

