



NOISE AND SLEEP

Noise can have a big impact on how well your child falls asleep and stays asleep. Some children are very sensitive to sound, while others are used to background noise. Creating a consistent sound environment can help support more settled, uninterrupted sleep.

How Noise Affects Sleep

- Sudden noises can wake children: Sounds like doors closing, voices, or traffic can disturb sleep, especially during lighter sleep stages
- Inconsistent noise can disrupt sleep cycles: Changes in noise levels throughout the night can lead to more frequent waking
- Some children are more sensitive to sound: This is especially common in younger children or those with additional needs

Using White Noise

- White noise is a steady, consistent sound that helps mask background noise. A lot of people prefer pink, blue or even brown noise- try out what works for the child or young person.
- It drowns out sudden sounds This makes noises like movement in the house or outside less noticeable
- It creates a consistent sleep environment The brain gets used to one steady sound, rather than reacting to changes
- It can help with settling and resettling Many children find it calming and easier to fall asleep with

You don't need anything fancy:

- A white noise machine
- A fan (a simple and effective option)
- White noise apps or recordings





NOISE AND SLEEP

Noise can have a big impact on how well your child falls asleep and stays asleep. Some children are very sensitive to sound, while others are used to background noise. Creating a consistent sound environment can help support more settled, uninterrupted sleep.

NOISY PETS IN THE BEDROOM

- Pets can be a lovely source of comfort, but they can also impact your child's sleep without you realising.
- **Movement and noise:** Pets moving around, scratching, or making noise during the night can cause disturbances, even if your child doesn't fully wake
- **Light sleep disruptions:** Jumping on and off the bed or shifting position can interrupt deeper sleep stages
- **Allergies and comfort:** Pet hair or dander can affect breathing and comfort, especially for children with sensitivities
- **Associations with sleep:** If your child relies on a pet being present to fall asleep, this can become a sleep dependency

