



SLEEP SPACE TEMPERATURE

The temperature of your child's bedroom can have a big impact on how well they sleep. If a room is too hot or too cold, it can make it harder to fall asleep and stay asleep. A slightly cooler environment is usually best for good quality sleep.



WHY DOES IT MATTER?

- Overheating can disrupt sleep: Being too warm can lead to restlessness, night waking, and lighter sleep
- Cooler temperatures support better sleep: The body naturally drops in temperature to fall asleep, so a cooler room helps this process
- Temperature affects comfort: If your child is too hot or too cold, they are more likely to wake and struggle to resettle

What is the Ideal Temperature?

Aim for a room temperature of around 16–18°C
Every child is different, so focus on what keeps them comfortable rather than exact numbers





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PRACTICAL TIPS:

- **Use layers:** Dress your child in layers that can be easily adjusted during the night
- **Choose breathable fabrics:** Cotton or bamboo sleepwear and bedding help regulate temperature
- **Adjust bedding, not just clothing:** Swap heavy duvets for lighter ones if needed
- **Ventilate the room:** Open a window slightly or ensure airflow to keep the room fresh
- **Use a fan if needed:** A fan can help circulate air and prevent overheating (position it safely and not directly on your child)
- **Keep heat sources in mind:** Radiators, direct sunlight, or warm weather can quickly increase room temperature

