



# SLEEPING IN DIFFERENT LOCATIONS

If your children are sleeping in more than one home or in more than one location, consistency matters more than ever for good sleep.

Consistency across homes is the **KEY**



## The Facts

- More than half of all children in the United States move and sleep between one or more homes.
- **Sleeping in different homes includes:** sleepovers, a grandparent's house, mom's house, dad's house, or any other caregiver's home that is not where your children typically sleep.
- Sleepovers every once in a while are not a problem.
- Sleeping in different locations regularly, may cause bad sleep habits if the routine and environment are not consistent.
- Even 1-hour of a difference in a bedtime between homes can change your children's internal clock. This makes it harder for them to fall asleep and stay asleep.

## Consistency Can Be Hard

- Talk to your friends and family about how important sleep is for your children's health.
- Your children will sleep better and stay healthy if everyone who cares for them treats bedtime the same.
- When it comes to your children's sleep goal (bedtime routine, bedtime rules, and sleep environment) try to pick changes that all adults can do consistently.
- Rules are easier to understand for children if all of their family and friends have the same rules.
- Ask your provider for additional handouts for more information. Share the information from these handouts with your family and friends.

# What You Can Do

**Don't Stress; do your best.** Consistency is the goal, but it can be hard. Here are some tips to try and keep a consistent bedtime routine and environment across different households.

## 1. Bedtime and Wake-time Consistency

Think about the different home schedules when making your child's sleep schedule. Pick the same bedtime and the same wake time that everyone can stick to.

## 2. Same Rules

Bedtime battles can be hard. But children are less likely to argue about bedtime if every household has the same rules. Talk about bedtimes, routines, and night awakenings, and agree on a way to handle them.

## 3. Similar Sleep Environments

Try making sleep environments the same when it comes to things like nightlights, pajamas, and music. If your children use music or white noise to fall asleep in one home, make sure they have the same soothing noise to help ease them to sleep in all other sleeping locations.

## 4. Security Objects

These can be anything that your children use to help soothe them emotionally. They can help with sleep, comfort them if they are scared or sad, and help them feel at home in strange places. This can be a blanket, a stuffed animal, or any other object they choose. Try having the same object available across all sleeping homes.

## 5. Bed is for Sleeping Only

The bed should be a place for sleep only. Any activities in the bedtime routine should take place outside of the bed. If you read before bedtime, try creating a special corner where you read at night. If bedtime snacks are popular in your home, make sure they stay out of the bedroom.



## PARENT RESOURCES

- [Nationalsleepfoundation.org](http://Nationalsleepfoundation.org)
- [Sleepforkids.org](http://Sleepforkids.org)
- [HealthyChildren.org](http://HealthyChildren.org)
- AAP Program: "Brush, Book, Bed" is available at: <http://bit.ly/bedroutine>
- <http://www.seattlechildrens.org/clinics-programs/sleep-disorders/resources/>