



House of
Children

Why Your Child Isn't Sleeping

A Parent's Guide





When Sleep Feels Like a Battle

Struggling with bedtime battles? It's common.

Signs your child may need sleep support:

- Takes 30–60+ mins to fall asleep
- Wakes up early & has trouble going back to sleep again
- Restless, anxious, or overtired
- Wakes up tired





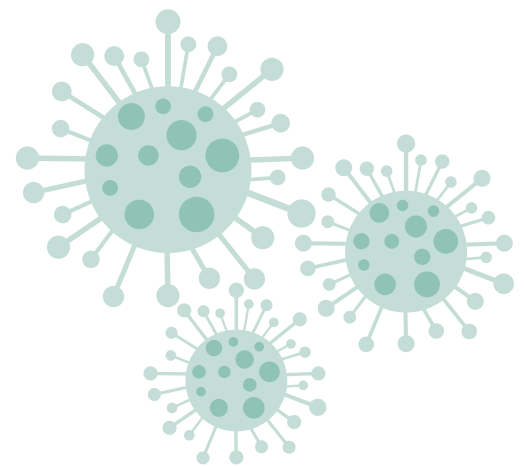
The Hidden Pieces of the Sleep Puzzle

Often, sleep issues point to deeper causes.



Do these:

- Check gut health & nutrition (Magnesium, B12, Zinc, Iron)
- Consider parasite cleansing
- Create sleep routines



Avoid These:

- Ignoring signs like reflux, allergies, sleep apnea
- Overtiring child before bed
- Screens late at night (60-90 minutes before bedtime)





Every Child's Sleep Needs Are Unique

Autism & ADHD bring specific sleep challenges.



Do these:

- Follow predictable, sensory-friendly bed time routines
- Provide comfort & structure before sleep (white noise, magnesium & lavender oil & weighed blankets)
- Address gut issues



Avoid These:

- One-size-fits-all sleep advice
- Overlooking how deficiencies & inflammation impact sleep





Creating Your Child's Sleep Sanctuary

The sleep environment matters.



Do these:

- Use red/amber lights in the evening
- Keep the room cool, dark & quiet
- Add breathable bedding, soft toys, white noise



Avoid These:

- Blue lights and overstimulation at night
- Heavy blankets or heat





Nutrition as Sleep Medicine

What they eat affects how they sleep.



Do these:

- Focus on gut-healing foods such as bone broths, probiotics, olive oil etc
- Include magnesium, zinc, iron, B6
- Keep dinner light and early



Avoid These:

- Sugary snacks at night
- Ignoring signs of gut imbalance such as bloating, constipation or diarrhea





The Magic of Predictable Routines

Kids sleep better with predictability.



Do these:

- Set a calming bedtime routine
- Start winding down 60–90 mins before
- Help them transition mentally into sleep time



Avoid These:

- Rushing bedtime
- Letting them get overtired
- Distractions





Meeting Your Child Where They Are

Support looks different at every age.



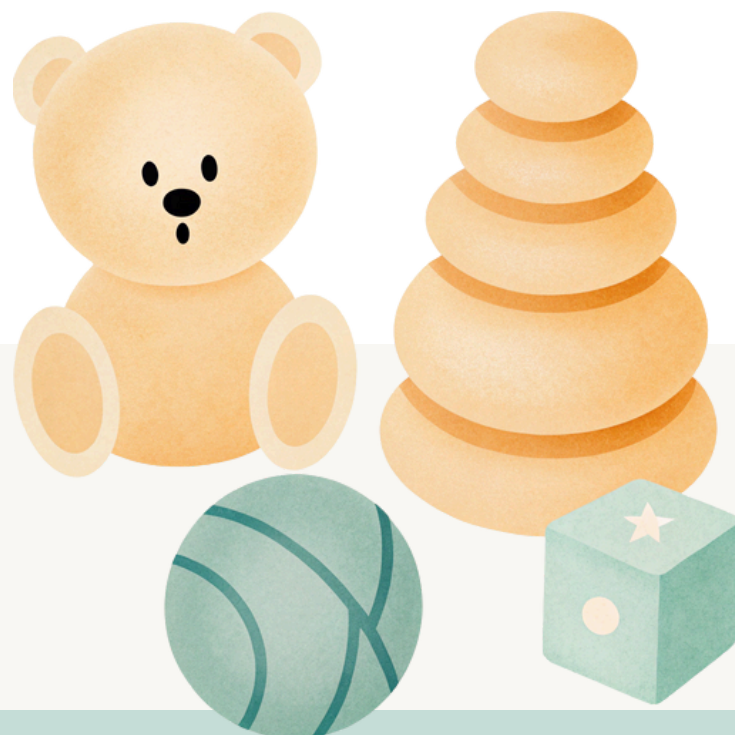
Do these:

- Young kids: soft toys, close presence
- Older kids: talk through worries
(Child-led conversations)
- Hand over sleep habits slowly



Avoid These:

- Forcing independence too early
- Overstimulating right before bed
- Reflecting on hard moments before bedtime.





When to Seek Additional Support

Trust your instincts.



Watch for:

- Snoring, breathing pauses
- Discomfort, allergies, reflux
- Sleep struggles lasting weeks

We offer sleep counselling, clinical support,
and expert referrals at HoC.

Get in touch today to help
your child sleep better.



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