

UNWIND AT BATH TIME

Some people don't like having a bath, but once you're in there it's a great way to relax and prepare for sleep. Have it warm, but not too hot, and take in some toys or a book. There's nothing like fresh PJs after a bath.

USE THE TOILET

Get rid of as much wee as possible before you fall asleep. That way, you're less likely to need a wee during the night. This will train your bladder as well.

MOVE DISTRACTIONS

The darker and more silent your room is, the better you'll sleep. So unplug any gadgets and toys you have in your room and leave them outside the door.

READ YOUR FAVOURITE BOOK

Open up a good book. You can even start it while you're sitting on the toilet, if you like. A great story is an excellent way to forget about the activity of the day and get your mind ready to dream big.