



# NiteLite



**Indications:**

For the coming to sleep of toddlers and toddlers.

**Read this before use.**

Your Tweaklite is a high-quality instrument for applying color light in areas determined by an expert. Before use, recharge the instrument completely using a USB charger. Charge = **red**, full = **green**.

Press the key briefly to activate the instrument, wait for the tone. The instrument is now ready for use. Too long pressing the button will activate the test colors. For manual switching off, press and hold the switch-off button for 4 seconds, wait for the tone.

Follow the instructions in the manual. The Tweaklite switches itself off after 4 minutes when it is no longer in use.

Application is intended solely for well-being and does not replace any medical treatment. If in doubt, consult your doctor.

**Attention!** Never look directly into the light, it can dazzle and do not use the instrument during pregnancy or epilepsy. The standard is optional.

#### Procedure

For the coming to sleep of toddlers and toddlers.

The effect is based on a slowly decreasing soothing blue light to increase the melatonin level. Not comparable to the harmful blue light from TV, PC or tablet screens. It works during the first two hours of sleep and replaces the night light.

Wake the Tweaklite by a short press of a button. Switch the Tweaklite on at bedtime by pressing the button again.

#### Instructions

Set the Tweaklite on a stand and do not aim it at the child. The light starts at a high level and goes down in 4 steps every half hour. The light switches off automatically.

#### CAUTION:

The Tweaklite is not a substitute for medical treatments. Below some extra points of attention. Be sure of epilepsy.

### Causes of sleep problems

All people sometimes have problems sleeping. Who doesn't even have difficulty sleeping in it, sleep restlessly or wake up at night? Why, however, are sleeping problems relatively common in children between 1 and 4 years old?

Sleep problems can be caused by the fact that children are simply not tired yet, have gained too many stimuli and impressions during the day, by physical discomforts and phase related problems such as (divorce) fear, nightly fears and protest behaviour, or 'the child's own will'.

### Six causes of sleep problems

What are the most common causes of sleep problems in children? Roughly speaking, you can say that there are children who sleep badly because of physical complaints and discomforts, who have received too many stimuli during the day, who simply are not yet tired or are overtired, and children who do not sleep because of 'phase bound' problems. Look below for the most common causes of sleeping problems in children.

#### 1. Physical discomfort or medical causes

Think for example of (chronically) inflamed tonsils. In many children the sleeping problems disappear after removing the tonsils of the throat and nose. Physical discomforts such as itching and skin irritation, but also a room that is too warm or too cold and for example squeezing clothes, can have a negative influence on your child's sleeping behaviour.

#### 2. Excitement, too many impressions

Young children can be over-stimulated by the visual and auditory impressions they have gained during the day, especially if they are not yet able to place these impressions properly in their world of experience. Falling asleep is made even more difficult if these impressions are gained just before going to bed. Busy television images and busy games just before bedtime are therefore not recommended. Some children are more sensitive to this than others.

#### 3. not yet tired or overtired

The need for sleep varies from child to child. Also adjust the bed rhythm to your child's biorhythm. A child can also be more or less tired due to the daily programme and you can take this into account as a parent by deviating slightly from the normal bed rhythm. It may seem contradictory, but children who have been very active during the day often need to recover in a quiet environment before they can fall asleep. Children who are too tired or even lack sleep generally sleep restlessly and less well. Lack of sleep can be recognized by children who are lifeless during the day, play little and are irritable.

#### Separation anxiety

Separation anxiety or separation anxiety occurs in almost all children and is part of the bonding process that all children go through. Separation anxiety already occurs in babies from 6 months old, but often between the ages of 18 and 3 children are the most affected. Initially, the baby or toddler does not understand that their father or mother is not definitively gone, if they have disappeared from sight for a while. This can of course cause severe anxiety and influence sleep behaviour. Children still have to learn emotional independence. Toddlers often still need the immediate proximity of their parents if they feel annoyed and/or frustrated.

#### 5. nightly fears, nightmares

Your toddler lives in a 'magical world'. In this age phase it is quite normal that everything is possible and everything exists and children are not yet able to distinguish between fantasy and reality. Children at this age have a rich fantasy and believe in wizards, trolls, witches, ghosts, the crocodile under the bed and invent the most special stories themselves. It is not surprising that children can develop nightmares and fears through this magical world. Nightmares occur at all ages, but most frequently between the second and sixth year of life.

#### 6. protest behaviour, your own will

Autonomy development, or the development of one's own will, is quite normal for this age phase. During this period, children experiment fully with their behaviour in order to get certain things done. They will of course use every opportunity to do things just a little differently than expected from their parents. And where can you have a more beautiful power struggle than when going to bed?

