

Sleep

The following strategies may be helpful for children who have difficulties with sleeping and being able to establish a good sleep pattern and routine. It is important to encourage a consistent pattern of activities that helps your child to establish a routine before bed.

Strategies to try

- ✓ Encourage quieter activities at the end of the day to lower activity levels - reading, colouring or drawing, listening to calming music
- ✓ Introduce opportunities for calming activities such as sitting on or lying on your tummy on a large beanbag to read, draw, listen to music
- ✓ Use calming background music.
- ✓ Warm baths with calming scents before bed can help maintain calm.
- ✓ Use deep massage/firm drying after bath time, not brisk rubbing with towel – pat dry where possible.
- ✓ Avoid activities, which will cause excitement leading up to bedtime e.g. spinning, running around, jumping, and climbing and high activity television.
- ✓ Avoid looking at the screen as you try to fall asleep. We recognise that some help meditation or sound apps are phones and tablets – just try to not look at the screen after you have set this up.
- ✓ Try to limit screen time in the hour before bed.
- ✓ Minimise busy wall displays or decorations.
- ✓ Use dark curtains or blackout blinds to reduce the light stimulation.
- ✓ Lower the lights an hour or so before bed to promote calm and relaxation
- ✓ Use heavy duvets/blankets or a sleeping bag during colder months to provide consistent deeper pressure around the body – don't sleep under a weighted blanket though but you can use it to help relax in the evening
- ✓ Try calming scents through diffusers or air purifiers – candles can be good too but you must remember to blow them out before you go to sleep
- ✓ You can try calming background sounds such as rainfall, fire crackling, seaside to help you fall asleep – some apps have timers on so they won't be on all night

