



SLEEPING

For all children, a good night's sleep is necessary in order to learn effectively the next day. Research has found that two thirds of children with autism have sleep problems, fragmented sleep, and early awakenings. I recently did a poll on my Facebook page where most parents identified the issue for them was going to sleep. I have put together some strategies to help with bedtime routines.



Sue Larkey created a poll.

Sleep question. Does the kids with ASD, ADHD, ODD, PDA, SPA have difficulty



27% Staying asleep



73% Going to Sleep

This poll has ended.

1.5K Votes

16 KEY STRATEGIES FOR SLEEP



- 1 **Set up** a good bedtime routine. Use timers/clocks/sensory tools.
- 2 **Melatonin** (Medication).
- 3 **Teach to stay in bed** even if not sleeping.
- 4 **Epsom Salts**, Bath or Lavender.
- 5 **Turn off all "blue screens"** (iPads, TVs etc.) at least one hour before sleep.
- 6 Keep **bedroom door open**.
- 7 **Earn reward points** for staying in the bedroom.
- 8 **Accept lack of sleep** can be related to anxiety levels so they may need time to pace.
- 9 **Check for food allergies** particularly gluten intolerance.
- 10 **TV in room with a timer** on it so it turns off.
- 11 **Sleep on the floor next to their bed** (rather than them coming into your bed).
- 12 **Exercise** like maniacs.
- 13 **Wind them down early** and have a calm routine.
- 14 Stories in **softly lit room and cuddling**.
- 15 **Social script** that explains why people and family need sleep.
- 16 **Try wrapping the child in his sheets or blankets**. He may need the restriction around his body to feel comfortable.

