

Tips for Developing Good Sleep Practices

- Engage in daytime behaviours to improve sleep e.g. exercise.
- Consider sensory preferences and sensitivities.
- Set a consistent bedtime and wake time.
- Establish a bedtime routine and use it every night.
- Use a visual schedule to support the new routine.
- Avoid stimulating activity in the hour before bedtime, including television, tablets & consoles.
- Ensure that the child or young person is not hungry going to bed, if a snack is needed have it at least an hour before bedtime.
- Avoid sugary snacks and drinks with additives or caffeine in the hours before bed.
- Make sure the child or young person's room is dark and quiet.
- Environmental noise should be kept to a minimum.
- Ensure the bedroom temperature is at a comfortable level.
- The bedroom should be free of electronic equipment and other distractions.
- Help your child to learn to fall asleep, on their own, in their own bed.
- Try to be the 'boring parent' if responding to your child during the night.
- Reward good night time behaviour.