

# *Sleep*

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**achieving  
for children**

# *Talking Points*

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- Biology & Developmental considerations
  - Strategies
  - Resources
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# *To begin*



What are your main worries about your child's sleep?

What have you tried?

What are your hopes for sessions?



# *Sleep*

## *Biology*

There are 2 distinct types of sleep

### **1) Non-rapid eye movement (NREM)**

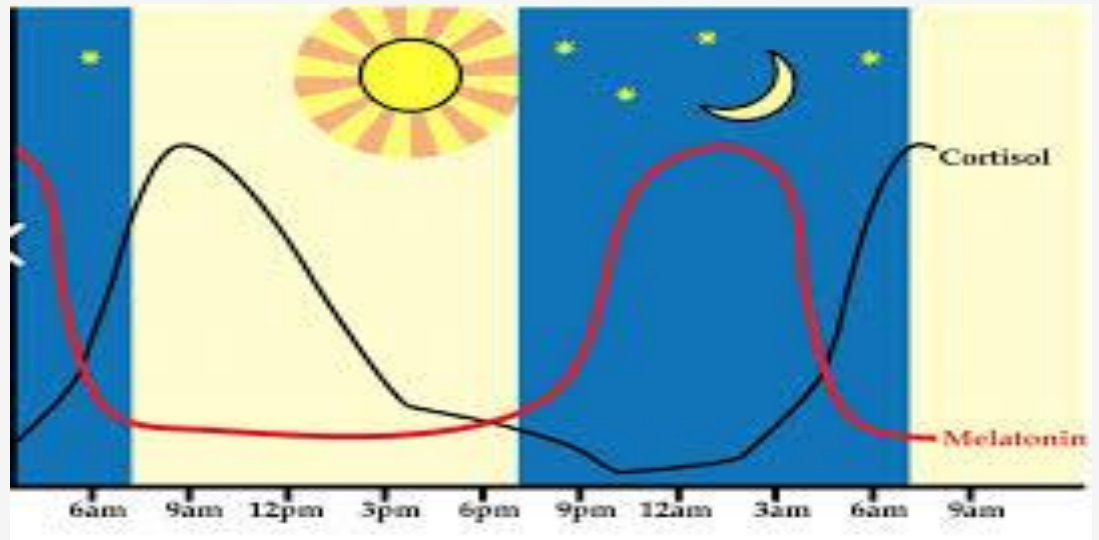
- First phase of sleep, restorative phase.

### **2) Rapid eye movement (REM)**

- Phase when we dream
  - Characterised by quick movement of our eyes
  - Responsible for memory and learning
  - Breathing and heart rate becomes irregular
  - Sleep waking and night terrors are common
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# *Sleep*

*Biology*



# *Sleep*


## *Age Requirements*

Age	Sleep Requirement
New born, full term baby	16-18 hours
1 year	14 hours
2 years	13 hours
4 years	11.5 hours
7 years	10.5 hours
10 years	9 hours (possibly more)
Adolescence (after puberty)	9 hours
Late adolescence	8 hours

# *Sleep*


## *Age Requirements*

Good sleep is restorative. Without it, children are:

- More irritable
  - More easily tired
  - Less likely to follow instructions
  - Less likely to learn well
  - More likely to engage in problem behaviour
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# *Sleep*

## *Typical difficulties*

- Bed time “battles” can begin as early as 1 year
  - Sleep disturbances can begin in early years (2-4 years). Include:
    - Becoming continent at night time, most children wet the bed
    - Imagination and fears (nightmares, sleep talking, night terrors).
  - Any others?
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# *Sleep*

## *Top Tips for sleep*

- No **screens** near bedtime - blue light
  - Regular bedtimes and wake times
  - **No food or drink** late at night.
  - Make sure child is not **hungry** before going to bed.
  - Put child to bed **sleepy, not asleep.**
  - Avoid letting your child take **naps**
  - Avoid taking your child **into your bed** for sleep.
  - Avoid schoolwork before bed time.
  - Use the child's bedroom as a **place for sleep** primarily, not doing homework or stimulating activities
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# *Sleep*

## *Top Tips for sleep*

- Establish a **regular bedtime routine** at a fixed time. Include a definite end-point, something that your child can learn to associate with falling asleep. **Simplify instructions.**
  - Be as “boring” as possible when dealing with your child at night.
  - Have **obvious cues** of when is time to sleep: reduce night-time interaction, lower noise level, increase interaction in the daytime.
  - Try **relaxing activities**
  - **Replace parents’ presence** with photo of parent or spray their perfume on the pillow.
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# *Sleep*

## *Social Story*

### **My bedtime**

My mum cooks me and my dad dinner. After dinner I have a bath and get into my pyjamas. I then read my book and have a glass of hot milk. Then I brush my teeth and use the toilet before I get into bed. Mum tucks me into bed and reads me a story. She then gives me a kiss goodnight and goes downstairs. I close my eyes and try to go to sleep.

All people sleep. Most people sleep on Monday, Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday. They wake up each morning. I sleep in a bed. Usually Mom or Dad says, "Time to go to bed." This means it is time to get into bed and go to sleep

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# Sleep

## Bedtime Routine

### \*\* BEDTIME ROUTINE \*\*



4:00-5:00

Dinner time

6:00-7:00

Listen to Music

7:00

Relaxing time  
Have a BATH  
Hot Chocolate

8:20

Put on my  
Pyjamas

8:30

Brush my teeth  
Read a book

8:40


Get into Bed  
Lie down  
Pull cover up

8:50

Start  
dreaming! 😊

# *Sleep*


## *Bedtime Routine*

- Consistency: same routine every night at the same time
  - Be patient and keep going: it will take time for things to work
  - Children are more likely to succeed at tasks if they have a routine and know what to expect each night
  - Holidays: sleep routine may change
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# *Sleep*


## *Self-soothing Strategies*

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- Learning to self-soothe is an important skill for a child
  - Children need to learn ways to **comfort and calm themselves**. This is particularly important as they become more independent. If they do not learn this skills, they will **constantly be seeking this from the parents**.
  - When your child has learnt to settle and sleep alone in the evening, they will be less likely to need you there to help them **resettle** if they wake up in the night.
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# *Sleep*

## *Self-soothing Strategies*

- Relaxation exercises: Visual imagery, Breathing exercises & Progressive muscle relaxation
  - Writing or drawing how they feel
  - Sensory toolbox
  - Create a mantra
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# *Sleep*

*Distressed at  
bed-time*

## **Controlled checking and quick return**

Put your child to bed awake

If they cry:

- Leave 5 minutes before going in
  - When you go in say “it is bed time” and leave again
  - Repeat after 10 minutes
  - Repeat after 15 minutes
  - Rather than trying to calm your child down when you go in, just reassure them that you are there
  - Direct child to self soothing strategies
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# *Sleep*

*Distressed at bedtime*

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## **Gradual retreat/ camping out**

- Gentler approach, takes longer time for results
  - Parents distance themselves from the child in small steps e.g. lying on bed, sitting on edge of bed, chair next to bed, across room, outside room
  - Repeat each step for at least 3 nights
  - Child must fall asleep before you move onto the next stage
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# *Sleep*

## *Sleeping in your bed*

- One of the best ways to reward night waking and will develop into a habit
  - Try soothe and settle them in their own bed
  - Avoid taking your child into your bed to stop them crying.
  - Attach a bell to your door to wake you as they come in
  - Put your child back into their own bed every time.
  - Teach your child to fall asleep on their own
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# *Sleep*

## *Rewards*

- Rewards are a good way of helping your child to do what you want them to do whether at bedtime or at other times of day
  - These rewards can be cuddles or praise, small toys or stickers or activities with you such as visits to somewhere your child enjoys
  - You should try to think about the sorts of rewards your child would like best
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# *Sleep*

## *Rewards*

It is important that your child:

- Knows how to get the reward
- Is rewarded every time he behaves as you want him to
- Is rewarded as soon as possible


Many children like star charts.

- Each day your child achieves his goal, he is given a star.
  - Display prominently in the house where everyone can see them
  - Show to people who come to the house
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# *Sleep*


## *Rewards*

### Goals

- Simple at first (e.g. going to bedroom with parents when asked to go)
  - Develop gradually e.g. staying in bed once settled to sleep, staying in bed once parents have left the room and staying in bedroom all night etc).
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# *Sleep*

## *Sensory issues*

- Sensory issues, i.e. difficulties interpreting or taking in sensory information through the senses, can negatively affect sleep
  - Children can be hypersensitive or hyposensitive and can respond by seeking sensory input or avoiding sensory input
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# Sleep

## Sensory Toolbox

Smell	Touch	Taste	Sight	Sounds
<ul style="list-style-type: none"><li>- Small bottles of essential oils e.g. eucalyptus, mint, lavender, lemon, vanilla, ginger</li><li>- Perfume soaked on a tissue</li><li>- Mint</li><li>- Hot chocolate</li></ul>	<ul style="list-style-type: none"><li>- Materials e.g. silk, cotton</li><li>- -Bubble wrap</li><li>- Fiddle toys</li><li>- Putty</li><li>- Feathers</li><li>- Teddy bears</li></ul>	<ul style="list-style-type: none"><li>- Mint</li><li>- Hot chocolate</li><li>- Lemon</li><li>- Favourite foods</li></ul>	<ul style="list-style-type: none"><li>- Photos of family</li><li>- Relaxing pictures (e.g. ocean, forests)</li></ul>	<ul style="list-style-type: none"><li>- Music</li><li>- White noise- e.g. fan</li><li>- Relaxing sounds – ocean, rain, bells, birds, voice of parents</li></ul>

# *Sleep*

*Sensory issues*

Prepare a sleep plan

What are you trying to target?

- Realistic goals, 2 weeks to a month
  - What motivates your child?
  - Which tools will you use?
  - Include extended family
  - Look after yourself
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# *Sleep Plan*

*Be prepared*



# *Sleep*

## Resources

[www.safespaces.co.uk](http://www.safespaces.co.uk)

[www.nas.org.uk](http://www.nas.org.uk)

[www.headspace.com](http://www.headspace.com)

[www.minded.org](http://www.minded.org)

[www.kidssleepdoctor.com](http://www.kidssleepdoctor.com)


[http://www.cci.health.wa.gov.au/resources/infopax\\_doc.cfm?Mini\\_ID=50](http://www.cci.health.wa.gov.au/resources/infopax_doc.cfm?Mini_ID=50)



# *Question*

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Can you name one  
thing you will take away  
from today?



*Thank you*

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