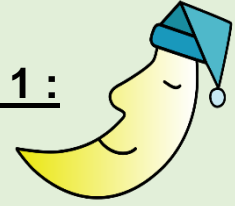


STAND North Wales CIC Information Sheet 1 :

Helping your child sleep



Establishing a bedtime routine:



- Develop a regular bedtime and a regular time to wake up, (consider having some variation for a child with ASD to prevent them becoming too rigid about their routine). Make sure this can fit into your everyday lifestyle and avoid making it being too long

Creating a good sleep Environment:

- Dim the Lights before bed. Try to keep away from bright lights because they can hinder the production of melatonin, a hormone that the body creates to facilitate sleep
- When going to sleep keep the room dark
- Build in a 60 minute pre bed time that is device-free. Mobile phones, tablets, and laptops cause mental stimulation that is hard to shut off and also generate blue light that may decrease melatonin production. The Blue Light is an artificial colour that mimics daylight
- Keep the room quiet and relaxing
- Keep the room cool
- Make sure you have a good mattress and pillow



Diet:

- Eliminate all food and drinks that contain caffeine from lunchtime- Caffeine disrupts sleep. It disrupts the quality of sleep and also prevents us from going to sleep.
- Don't eat high sugar foods
- Don't drink high sugar drinks
- Do not eat a big meal too close to bedtime
- Eat a balanced diet limiting fat



Exercise:

- Do not exercise or participate in rigorous activities a few (2) hours before bedtime
- Do include a weekly programme of exercise during the day
- Practice relaxation techniques - try listening to soft music, reading, and meditation. Breathing exercises can also be helpful

