



Sleep strategies

Research consistently identifies good sleep as essential for wellbeing. Children who get good sleep have been shown to be less impacted by loneliness. Children with autism commonly experience sleep problems and may benefit from extra support with establishing a good sleep routine.

Good sleep habits can help create the conditions a child needs to achieve a good sleep. Sleep strategies include:

- 1. Regular sleep and wake times.** Identify a regular bedtime and waking up time, and stick to this each day.
- 2. Avoid caffeine.** Chocolate bars, some soft drinks, coffee and tea may contain caffeine and so are best avoided after 3pm.
- 3. Create the right environment for sleep.** A cool, quiet and relatively dark room is best.
- 4. Routine.** Plan and stick to a calming bedtime routine. For example, dinner, bathtime, quiet play/reading, followed by hopping into bed. AllPlay Learn's sleep schedule may help with this.
- 5. Avoid stimulating activities.** Calm and quiet activities are best in the hour before bedtime. In particular, televisions and devices/computers, or intense exercise are best avoided.
- 6. Stay calm.** A calm approach and quiet voice at bedtime will help your child settle.