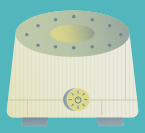
Sleep

Brief Informational Guide



Many children on the autism spectrum struggle with sleep. Autistic children may struggle with falling asleep, staying asleep, or waking up too early. Additionally, over half of autistic children have one or more chronic sleep problems. Sleep is extremely important for growth, learning, and behavior. If your child is having problems with sleep, there are many ways to help improve it.

Sleep Aid Supplies



Noise Machine



Visual Schedule



Heavy Blanket



OK to Wake Clock

Scan Me

Scan me for more resources!

Questions to Consider for Your Child's Sleep

- "Does my child have trouble going to bed or falling asleep?"
- "Does my child seem tired/groggy during the day?"
- "Does my child awaken during the night & have trouble going back to sleep?"
- "How many hours of sleep does my child need and do they get it?"
- "Does my child snore, pause their breathing, or choke during sleep?"

Factors that can Affect Sleep

- Inconsistent Sleep Routine
- Medication Side Effects
- Sources of Discomfort (e.g. Constipation, Headache)
- Anxiety/Worrying
- Lack of Physical Activity
- Diet and Food Habits (e.g. Caffeine, Large Bedtime Snacks)

Tips for Creating a Healthy Sleep Foundation

- Create a visual bedtime schedule
- Limit the number of activities in the nighttime routine
- Put stimulating and/or difficult activities earlier in the evening
- Put relaxing and enjoyable activities near bedtime
- Reward your child for following his/her bedtime schedule
- Create a comfortable sleep environment (quiet, dark, temperature)
- Perform the nighttime routine in the same order every night

Symptoms to Watch For

- Frequently snoring
- Pauses in breathing
- Hard to wake in the morning
- Falling asleep during the day or overly tired

ECHO AUTISM COMMUNITIES
echoautism.org

Sleep Supports

☐ Behavioral Strategies

- Strategies to Improve Sleep in Children with Autism
  https://echoautism.org/autism-resource/strategies-to-improve-sleep-in-children-with-autism/
- How to Use Sleep Strategies to Help Your Child with Autism
  https://echoautism.org/autism-resource/tip-sheet-sleep-strategies/
- Quick Tips for Improving Sleep in Children with Autism
  https://echoautism.org/autism-resource/sleep-quick-tips/
- Sleep Strategies for Teens with Autism
  https://echoautism.org/autism-resource/sleep-strategies-for-teens/
- Bedtime Routine Toolkit Videos
  www.youtube.com/watch?v=d0cB-kN1BYE&t=112s
- AAP Brush, Book, Bed
  www.healthychildren.org/English/healthy-living/oral-health/Pages/Brush-Book-Bed.aspx

Tools to Try

- ☐ Heavy blanket
- ☐ Ok to wake clock
- ☐ Black out curtains
- ☐ Noise machine
- ☐ Bedtime pass
- ☐ _____

☐ Medications

Rx:_____

_____

- Melatonin & Sleep Problems in ASD: A Guide for Parents
  https://echoautism.org/autism-resource/melatonin-and-sleep-concerns-in-autism/

☐ Sleep Study

☐ Referral to Pediatric Sleep Specialist

GET CREATIVE!
Use what your child likes to find potential strategies of improving sleep

NOTES:

If you have questions about sleep, please talk to your child's healthcare clinician.