



Strategies for Better Sleep

Resource Supplement

Getting enough sleep refreshes the body and mind, but also facilitates learning, improves memory, helps to prevent illness and improve overall mood and behavior.

Sleep issues commonly affect children, especially those diagnosed with developmental disabilities. 69% of children ages 10 and under experience sleep issues and 80% of parents of children with developmental disabilities report some problem with their child's sleep; 25% describe the problem as being severe.

Included are a few resources to help you work toward improving your child's sleep.

What's Included:

- Strategy List
- Sleep Diary
- Bedtime Routine Chart

Additional Resources:

- [Sleep Better](#) by Mark Durand
- Moshi: Sleep and Mindfulness app
- Sleepiest Sleep Sounds Stories app
- OK to Wake! alarm clock

For Additional Information:

Watch the Webinar



Visit our Website



Contact Us:

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Sleep Strategy List



- **Reduce naps**

- At age 2, children should be able to have an active morning without a nap but take an afternoon nap.
- Between the ages of 3–6, most children no longer need an afternoon nap.



- **Create a bedtime routine**

- Set up a relaxing series of activities for the last 30 minutes before bed (e.g., taking a bath, brushing teeth, changing into pajamas, reading a book, listening to music, telling stories).
- Avoid non-preferred activities, screen time, and extending bedtime ("Just 5 more minutes!").



- **Maintain regular sleep and awakening times**

- Use a sleep diary to determine a good waking time and move backward to the number of hours of sleep that are needed.



- **Take an environmental inventory of sleeping area**

- What noises can be heard? How much light is there? What's the temperature?



- **Get exercise**

- Provide regular opportunities to exercise during the day.
- Timing: Aerobic activity for 20+ minutes raises the body's temperature and should occur ideally ~4–6 hours before bedtime (activity just before sleep can be counterproductive).



- **Maintain bed JUST for sleeping**

- Restrict activities that occur on bed to only sleeping.
- Avoid having too many toys that could be distracting and increase play.



- **Consider diet**

- Avoid big meals close to bedtime or foods in evening that might cause an upset stomach or heartburn.
- Consult a doctor if considering sleep aides or supplements.



Sleep Diary

Use the form below to keep a record of your child's sleeping and waking patterns across one week. Try to record information daily for best accuracy.

Child: _____

Week of: _____

Date	Time put to bed	Time fell asleep	Describe Nighttime Waking (time/how long) and result	Time Awoke	Describe Naps (if any)

List any behavior challenges at bedtime:

List any behavior challenges in the middle of the night:

How did you respond?



My Bedtime Chart



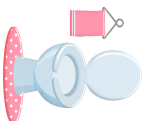
Take a Bath



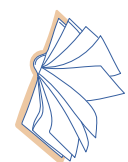
Pajamas



Brush Teeth



Go Potty



Read Book



Lights Out



Stay in Bed

Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							