

Sleep Advice for children/young people with Autism



- Avoid consuming stimulants near to bedtime (sugar, caffeine & fizzy drinks)
- Establish a bedtime routine that is followed every night (visual timetables can help)
- Allow your child time to relax before bedtime (bath, listen to calm music, meditating, reading & quiet time)
- Avoid stimulating devices at least one hour before bedtime (television, mobile phones, tablets, computers & computer games)
- Remove these devices from the child's bedroom
- Consider reducing sensory distractions in the child's bedroom (blackout blinds/curtains, thick carpet, dimmer light switch, thermostat)
- Try to reduce other noises in the house when it's bedtime
- Consider the fabrics of bed clothes and the bedding if your child has sensory issues
- Try a weighted blanket
- Explain the importance of sleep to your child (use of a social story or visual aids)
- Avoid napping before bedtime
- Keep a sleep diary (to help to see any possible patterns in disturbed sleep)
- Make sure your child is getting enough exercise in the day, as this can make them feel more tired at night
- A healthy diet will contain nutrients that enables better sleep