


**Let's talk...**

# SLEEP ROUTINES

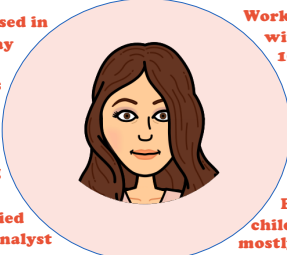


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**Born & raised in the East Bay**

**Worked in-home with families for 16 yrs.**

**Mom to twin girls**

**Have degrees in ASL, Psychology, & Teaching**

**Have worked in the school setting for the last 1.5 yrs**

**Board Certified Behavior Analyst**

**Experience with children 1-18 years old, mostly with 1-8 yr. olds**




**Let's get started!**

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## Today's Agenda

How to...

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## Let's Recognize...

**Recognize**

- Effects of poor sleep**
- Appropriate sleep goals**
- Common issues**
- Barriers to good sleep**

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**Recognize**

## Effects of poor sleep

- Cognitive functions**
  - memory
  - learning
  - attention
  - mood regulation
- Health**
  - childhood & adult obesity
  - problems with immune system
- Behavioral & emotional difficulties**
  - lower tolerance
  - increased aggression
  - increased anxiety
  - decreased social skills

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**Recognize**

## Appropriate sleep goals

- Falling asleep quickly (within 15 minutes)
- Staying asleep through the night or falling back asleep within minutes
- Independence
  - not reliant on parent
  - not reliant on medication
- Getting enough sleep (developmentally appropriate)
  - waking up without much trouble
  - not feeling overly tired during the day

(Hanley, 2015; Jin, 2018)

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## Appropriate sleep goals

NATIONAL SLEEP FOUNDATION  
SLEEP DURATION RECOMMENDATIONS

**RECOMMENDED SLEEP DURATION BY AGE GROUP:**

Age Group	Recommended Sleep Duration
Newborn (0-3 months)	14-17 hours
Infant (3-11 months)	12-15 hours
Toddler (1-2 years)	11-14 hours
Preschool (3-5 years)	10-13 hours
School-age (6-13 years)	9-11 hours
Teen (14-17 years)	8-10 hours
Young Adult (18-25 years)	7-9 hours
Adult (26-64 years)	7-9 hours
Older Adult (65+ years)	7-8 hours

SLEEPFOUNDATION.ORG | SLEEP.ORG

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## Appropriate sleep goals

### Age-Based Sleep Averages:

Age	Total Sleep	Night Sleep	# Naps
2	11 hrs 30 min	9.5 hours	1 (2 hrs)
3	11 hrs 15 min	10 hours	1 (1hr15min)
4	11 hrs	10 -11 hours	0-1
5	10 hrs 45 min		
6	10 hrs 30 min		
9	10 hrs		
12	9 hrs 45 min		
15	9 hrs 15 min		
18	9 hrs		

(Hanley, 2015)

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## Common issues

- Nighttime non-compliance
  - not going into bedroom when asked
  - not following bedtime routine instructions
- Delayed sleep – more than 15 minutes to fall asleep
- Sleep-interfering behavior
  - getting out of bed
  - repeatedly calling parent/caregiver in
  - playing in bedroom
  - crying
- Night wakings

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## Barriers to good sleep

- Large meals or sugary treats 1-2 hrs before bed
- Caffeine in late afternoon or evening
- Screen time 30 minutes-1 hour before bedtime
- Not enough active time during the day
- Increased activity before bedtime
- Late afternoon/early evening naps
- Extra long naps (over 1.5-2 hours)
- Inconsistent sleep & wake times

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## Let's Redesign...

1. The setting
2. Routines
3. Sleep & wake times

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## Redesign

The forms include sections for:


- SLEEP PLAN:** Identifying the problem, setting goals, and creating a plan.
- BEDTIME ROUTINE:** A checklist of activities to perform before bed.
- SLEEP DIARY:** A log to track sleep patterns, including bedtime, wake time, and naps.

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**Redesign**

## The setting

- Temperature – cooler is better
- Lighting – dark or dimmer/indirect lighting
- Sound – silent or sound machine
- Toys/preferred objects put away
- Comfort items - access to favorite blanket, stuffed animal, etc.



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**Redesign**

## The setting

THE SETTING	COMPONENTS	RECOMMENDED	YOUR CHOICES
	Temperature	Cool	small fan
	Lighting	Dim lights/indirect lighting/ Nightlight	nightlight
	Sound	Silent or sound machine	sound machine
	Toys/Activities	Cleaned up/put away	toys in toybox in living room iPad in kitchen
	Comfort items	Blanket, stuffed animal, pacifier, etc.	blue blanket dog stuffed animal




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**Redesign**

## Routines

- A repetitive and observable behavior pattern that contains 5-7 activities & takes 30-40 minutes to complete
- Proven to be effective in assisting children fall asleep faster & reducing night wakings
- Should occur right before bedtime
- Should include sleep readiness activities
- Order of activities should progress from active to passive
- Avoid activities that evoke challenging behavior



(Delemere & Dounavi, 2018)

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**Redesign**

## Routines


- Signals it is time to sleep – lights get progressively dimmer, sound machine comes on, talking softer, etc.
- Do not extend the routine (“one more minute”)
- Visual schedules and timers can be very useful

Bedtime

- pajamas
- brush teeth
- go potty
- read
- lights out



- Tell your child it's time to get ready for bed, point to the first picture on the schedule, & state the activity
- Upon completion, provide praise & continue until all steps are completed




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**Redesign**

## Routines

BEDTIME ROUTINE	SUPPORTS (check all that you'll use)	YOUR CHILD'S ROUTINE	
		TIME	ACTIVITY
	<input checked="" type="checkbox"/> Picture schedule	7:15pm	Bath
	<input checked="" type="checkbox"/> Timer	7:30pm	PJS
	<input checked="" type="checkbox"/> Reward	7:40pm	Brush teeth
	<input type="checkbox"/>	7:45pm	Story – 2 books
	<input type="checkbox"/>	8:00pm	Bedtime
	ROUTINE ACTIVITY IDEAS		
	Bath, Brush teeth, Bathroom, Pajamas, Story/Reading, Yoga/Massage, Clean up toys, Get in bed		




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## Sleep & wake times

Redesign

- Sleep & wake times must be consistent for your child to get the best sleep
- Slowly & systematically adjust your child's sleep and wake times until you reach the target time

1. Identify an ideal wake time
2. Subtract the amount of hours based on developmental norms
3. This will then be the target bedtime
4. Start at your child's current bedtime & add one hour (they will now go to bed one hour later)



(Hanley, 2005)
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## Sleep & wake times

Redesign



5. Add the sleep hours they need & this will be the new wake time
6. If your child falls asleep within 15 minutes of the later bedtime, the next night, put them to bed 15 minutes earlier and wake up 15 minutes earlier
7. If they do not, stay at the later bedtime & continue to work on routines & remove any barriers (late naps, caffeine, etc.)
8. Continue to systematically put your child to bed 15 minutes earlier each night until the target bedtime is achieved (& don't forget to wake them up at the right time!)



(Hanley, 2005)
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## Sleep & wake times

Redesign

GOAL WAKE/SLEEP TIMES	
Goal wake time:	7 AM 
Number of hours of sleep your child need based on developmental norms: 11 hrs	
Subtract the amount of needed sleep hours	
Goal bedtime:	8 PM 
CURRENT WAKE/SLEEP TIMES	
My child typically falls asleep at	9:30 PM
STAGE 1. WAKE/SLEEP TIMES	
Add one hour to your child's current bedtime (one hour later)	
STAGE 1 BEDTIME:	10:30 PM
Add needed sleep hours to STAGE 1 bedtime listed above.	
STAGE 1 WAKETIME:	9:30 AM
STAGE 1. CHECK	
Did your child fall asleep within 15 minutes of the STAGE 1 bedtime?	<input checked="" type="checkbox"/> Yes → Go to STAGE 2 <input type="checkbox"/> No → Stay at STAGE 1


(Hanley, 2005)
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## Sleep & wake times

Redesign

STAGE 2. WAKE/SLEEP TIMES
Subtract 15 minutes from your child's STAGE 1 bedtime:
STAGE 2 BEDTIME: 10:15 PM
Add needed sleep hours to STAGE 2 bedtime listed above.
STAGE 2 WAKETIME: 9:15 AM
STAGE 2. CHECK
Did your child fall asleep within 15 minutes of the STAGE 2 bedtime?
<input checked="" type="checkbox"/> Yes → Go to STAGE 3 <input type="checkbox"/> No → Stay at STAGE 2

Continue until target bedtime and wake time achieved!


(Hanley, 2005)
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## Let's Respond...

Respond

1. Nighttime non-compliance
2. Sleep-interfering behavior
3. Night wakings



(Hanley, 2005)
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## Nighttime non-compliance

Respond

- Incorporate offering choices in the bedtime routine (what pjs to wear, which books to read, level of independence, etc.)
- Practice following instructions during the day (make a game out of it, increase praise for follow directions, etc.)
- Use schedule and timer as supports
- Use a reward:
  - something for bedtime they can earn for completing routine (ex: special stuffed animal, an extra story, etc.)
  - something for the next morning (ex: special breakfast item, special privilege, etc.)
  - earn for a larger reward: sticker chart, piggy bank, etc.



(Hanley, 2005)
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## Tips

Respond

- Stay calm, cool, & collected
- Take small steps – things won't change over night 
- Watch videos or read books with your child about bedtime routines/going to sleep
- Set limits and stick to them (screen time, bedtime, etc.)
- Make sure your child is getting plenty of exercise/activity during the day
- Be consistent! Stick to scheduled wake times in the morning & for naps, even if you feel like they should sleep longer

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## Key Points

- Identify sleep goals for your child
- Identify appropriate number of sleep hours for your child, based on age
- Eliminate any barriers to good sleep
- Set the environment up to show signals that it is time to sleep
- Establish a routine, start it 30-45 minutes before bed, & do it each night, in the same order (use a visual schedule & timer if needed)
- Systematically adjust sleep and wake times
- Make a plan for nighttime non-compliance & sleep-interfering behaviors
- Help your child use good dependencies for sleep to battle night wakings

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# YOU CAN DO THIS!

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## Zz SLEEP ROUTINES tip sheet

**1** 

**ELIMINATE BARRIERS**

- Reduce or eliminate caffeine
- No screen time 30 min to 1 hr before bed
- Reduce or eliminate afternoon naps
- Create consistent sleep & wake times
- Ensure your child gets plenty of physical activity during the day

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**SET UP THE ENVIRONMENT**

- Keep temperature cool
- Have lights off or use a dimmer or nightlight
- Room should be quiet or use a sound machine
- All nonpreferred objects should be put away
- Have comfort items available (pillow, blanket, stuffed animals)

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**ESTABLISH ROUTINES**

- Choose 5-7 nighttime related activities to be completed 30-45 min before bed each night
- Order the activities from active to passive
- Offer choices throughout the routine
- Provide praise for following each item of the routine
- Use the Sleep Path to adjust sleep & wake times
- Use rewards as needed
- Do not extend the routine

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**USE TOOLS**

- Bedtime pass: allow your child a limited amount of items to either leave their room or call you in
- Time-based wake: you enter your child's room to do a brief check-in each based on set times; those times will increase over days
- Sound machine: allows for your child to have background noise on throughout the night
- Moon & Sun clock: signals when it is time to be in bed & when it is time to get out of bed
- Visual schedule: provides visual preview of the bedtime routine
- Timer: provides visual & auditory cues on when each activity is done

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## References

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## THANK YOU!

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