SPG
THE SPEECH PATHOLOGY GROUP

SPG
SPEECH | OT&PT | BEHAVIOR

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

2 SET UP THE ENVIRONMENT

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

3 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 step of the routine
- Use The Sleep Plan to adjust sleep & wake times
- Use rewards as needed
- Do not extend the routine

4 USE TOOLS

- **Bedtime pass**: allows your child a limited amount of times to either leave their room or call you in
- **Time-based visits**: you enter your child's room to do a brief check-in visit based on set times; these 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 predictability of the bedtime routine
- **Timer:** provides visual & auditory cues on when each activity is done

(Delemere, E., & Dounavi, K. (2018). Parent-implemented bedtime fading and positive routines for children with autism spectrum disorders. Journal of Autism Developmental Disorders. 48(4) :100-21019. Hanely. G.P. (2015). Understanding and Treating Sleep Problems of Children. [Powerpoint presentation])

SPG COMMUNITY

SPG SPEECH | OT&PT | BEHAVIOR

AUTISM CENTER

Bright Path Therapists

SLEEP PLAN

GENITTES EHT	COMPONENTS	RECOMMENDED	YOUR CHOICES
	Temperature	Cool	
	Lighting	Dim lights/indirect lighting/ Nightlight	
	Sound	Silent or sound machine	
	Toys/Activities	Cleaned up/put away	
	Comfort items	Blanket, stuffed animal, pacifier, etc.	

ENITUOR EMITDEB	SUPPORTS (check all that you'll use)	YOUR CHILD'S ROUTINE	
	Picture schedule	TIME	ACTIVITY
	Timer		
	Reward		
	_____		
	ROUTINE ACTIVITY IDEAS		
	Bath, Brush teeth, Bathroom, Pajamas, Story/Reading, Yoga/Massage, Clean		

	up toys, Get in bed		

GOAL WAKE/SLEEP TIMES
Goal wake time: _____AM Number of hours of sleep your child need based on developmental norms: _____ hrs Subtract the amount of needed sleep hours Goal bedtime: _____PM
CURRENT WAKE/SLEEP TIMES
My child typically falls asleep at _____PM
STAGE 1. WAKE/SLEEP TIMES
Add one hour to your child's current bedtime (one hour later) STAGE 1 BEDTIME: _____PM Add needed sleep hours to STAGE 1 bedtime listed above. STAGE 1 WAKETIME: _____AM
STAGE 1. CHECK
Did your child fall asleep within 15 minutes of the STAGE 1 bedtime? Yes Go to STAGE 2 No Stay at STAGE 1
STAGE 2. WAKE/SLEEP TIMES
Subtract 15 minutes from your child's STAGE 1 bedtime: STAGE 2 BEDTIME: _____PM Add needed sleep hours to STAGE 2 bedtime listed above. STAGE 2 WAKETIME: _____AM

	STAGE 2. CHECK
	Did your child fall asleep within 15 minutes of the STAGE 2 bedtime? Yes Go to STAGE 3 No Stay at STAGE 2

	STAGE 3. WAKE/SLEEP TIMES
	Subtract 15 minutes from your child's STAGE 2 bedtime: STAGE 3 BEDTIME: _____PM Add needed sleep hours to STAGE 3 bedtime listed above. STAGE 3 WAKETIME: _____AM
	STAGE 3. CHECK
	Did your child fall asleep within 15 minutes of the STAGE 3 bedtime? Yes Go to STAGE 4 No Stay at STAGE 3
	STAGE 4. WAKE/SLEEP TIMES
	Subtract 15 minutes from your child's STAGE 3 bedtime: STAGE 4 BEDTIME: _____PM Add needed sleep hours to STAGE 4 bedtime listed above. STAGE 4 WAKETIME: _____AM
	STAGE 4. CHECK
	Did your child fall asleep within 15 minutes of the STAGE 4 bedtime? Yes Go to STAGE 5 No Stay at STAGE 4
	STAGE 5. WAKE/SLEEP TIMES

	Subtract 15 minutes from your child's STAGE 4 bedtime: STAGE 5 BEDTIME: _____PM Add needed sleep hours to STAGE 5 bedtime listed above. STAGE 5 WAKETIME: _____AM
	STAGE 5. CHECK
	Did your child fall asleep within 15 minutes of the STAGE 5 bedtime? Yes Go to STAGE 6 No Stay at STAGE 5
	CONTINUE UNTIL GOAL WAKE & SLEEP TIMES ACHIEVED

	WHAT YOUR CHILD CURRENTLY DOES (check all that apply)	CHOOSE HOW YOU'D LIKE TO OVERCOME THESE (check all that apply)
PROVAHEE GRIEFRETNI PEELS	Gets out of bed to play Gets out of bed to see you Calls for you to come in the room Cries _____	Put away all preferred items Use a reward Bedtime pass Time-based visits Resolve fear/other issues _____

	CURRENT DIFFICULT SLEEP DEPENDENCIES (check all that apply)	BETTER SLEEP DEPENDENCIES (check all that apply)
SGNIKAWT		

	Parent/caregiver TV/radio on Feeling full _____ _____ _____	Special Pillow/Blanket Stuffed animal/special item Sound machine _____ _____ _____

Adapted from Jin, S.C., Hanley, G.P., & Beaulieu, L. (2013). An individualized and comprehensive approach to treating sleep problems in young children. Journal of Applied Behavior Analysis. 46, 161-180.