



Sleep Routine

Importance of Sleep

1. **Energy Renewal:** Sleep replenishes energy stores, aiding in tissue repair and hormone regulation.
2. **Sharper Mind:** Quality sleep enhances concentration, memory, and decision-making abilities.
3. **Stronger Immunity:** A well-rested body is better equipped to fend off illnesses and infections.
4. **Emotional Balance:** Sufficient sleep reduces stress, anxiety, and promotes emotional well-being.



Recommended Sleep Time

Age	Amount of Sleep Needed	Naps
1-2m	12-18hr	Throughout the day
3-11m	12-18hr	3-4 times daily, 30m-2hr
1-3y	12-14hr	Once a day, 1-3hr
3.1-4.11y	11-13hr	Once a day
5-10y	10-11hr	0
10.1-17y	8.5-9.25 hr	0

How to Promote Sleep

- **Calm Pre-Bedtime Routine:** Engage in quiet activities like reading, singing, or giving a back rub. Avoid electronics, TV, rough play, eating, and exercise.
- **Consistent Sleep Environment:** Use the same routine and settings (lights, noise, door position, transitional objects) every night.
- **Visual and Object Cues:** Implement checklists, visual aids, social stories, or favorite objects to signal bedtime.
- **Minimize Stimulation:** Limit noise, use calming sounds if needed, and keep lights dim. Remove visual distractions like toys and reflective surfaces.
- **Maintain Comfort:** Ensure consistent room temperature, suitable sleeping clothes, and bedding. Be mindful of any disruptive smells

Intervention for Sleep

1 Education About Sleep and Rest

- **Healthy Bedtimes & Sleep Hygiene:** Educate families on establishing consistent bedtimes, maintaining proper sleep hygiene (e.g., avoiding caffeine and heavy meals), and incorporating daily physical activity.
- **Recommended Sleep Durations:** Inform families about the age-specific sleep needs of their children and the importance of maintaining consistent sleep schedules.

2 Understanding Sleep Patterns

- **Developing a Sleep Log:** Record the timing, duration, and environment of sleep to identify patterns and areas needing improvement.
- **Managing Sleep Hygiene:** Teach older children about sleep hygiene, including ceasing activities that disrupt sleep (e.g., reducing screen time and late-night socialization).

3 Balancing Daytime and Sleep Activities

- **Energy Level Management:** Help families balance daytime activities to avoid overexertion and under-stimulation, and advise on engaging in appropriate physical activities.
- **Lifestyle Adjustments:** Counsel families on reducing caffeine intake and heavy meals before bed, and promoting physical activity to improve sleep quality.

4 Sensory and Environmental Regulation

- **Sensory Sensitivities:** Recommend tools such as weighted blankets or white noise machines to address sensory sensitivities and calm children before bed.
- **Optimizing the Bedroom Environment:** Assist in modifying the bedroom environment by managing light levels, reducing noise, and regulating the temperature.

5 Sleep Routine Development

- **Creating Personalized Routines:** Work with families to develop nightly routines that include calming activities like mindfulness exercises, relaxation techniques, reading, gentle rocking, or listening to soothing music.
- **Use of Assistive Devices/Equipment:** Introduce devices like the Dreampad pillow, weighted blankets, eye masks, earplugs, and white noise machines to enhance sleep.

6 Cognitive Behavioral Therapy for Insomnia (CBT-I)

- **Implement CBT-I Techniques:** Use CBT-I to address maladaptive thoughts about sleep and teach stimulus control strategies to improve sleep onset and maintenance.