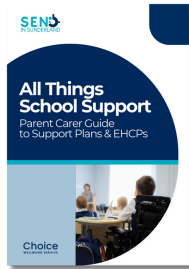
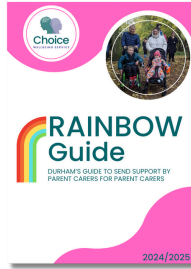
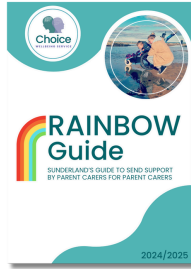


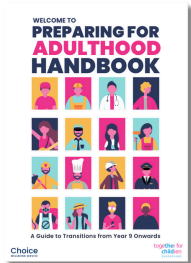
Here are just a few more guides we have available!



Guides on specific subjects



Rainbow Guides



Transitions Guides

All Things Sleep

Parent Carer Guide to Sleep Support

Your Child, Your Choice

Because one size doesn't fit all

Find our website here:

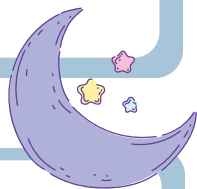


Children with additional needs often experience a range of sleep difficulties that can be more frequent, persistent, and more complex than those faced by typically developing children.

These challenges can stem from underlying medical conditions, sensory processing differences, anxiety, or medication side effects.

Sleep disturbances may manifest as difficulty falling asleep, frequent awakenings, nightmares, or early morning risings.

These issues can significantly impact the child's well-being, development, and behaviour, as well as place considerable strain on their families and carers.



How can you help with your child's sleep issues

To help a child with additional needs sleep, you can try creating a calm bedtime routine, making the bedroom comfortable, and limiting distractions. You can also try relaxation techniques and massage.

Bedtime routine

- Keep a consistent bedtime and wake-up time
- Avoid screens and bright lights at least an hour before bed
- Try a bath, massage, or quiet activity before bed
- Make sure your child is not hungry or thirsty at bedtime

Bedroom environment

- Make the bedroom dark and cool
- Use blackout blinds or curtains
- Remove bright colours and noisy toys from the bedroom
- Consider a weighted blanket or deep touch pressure bed wear

Other tips

- Make sure your child gets enough physical activity during the day
- Limit caffeine, especially in the afternoon and evening
- Try scented oils that your child finds relaxing
- Consider a different colour on the walls
- Try a massage before bed or calming activities together

Keeping a sleep diary

When we are sleep deprived, we can become forgetful and stressed so do not always recognise what is happening at night. Each night merges into another, so you need to be able to take night time and look at it in segments. Using a sleep diary can help you identify areas of inconsistency and areas to praise. You might even notice your child is getting more sleep than you thought!

Support

- You can contact a sleep advice service for one-to-one support
- You can connect with support groups, organisations, and charities

You can also consult your child's GP or paediatrician if you have questions about medication.

Below you will find information from the North East Sleep Alliance



Below you will find information from The Sleep Charity

