



S L E E P

S T R A T E G I E S

1. Infants and children should be put to bed when they appear tired but still awake (rather than falling asleep in their parent's arms, or in another room). Parents should avoid getting into bed with a child in order to get them to sleep.
2. Limit afternoon naps. If you or your child need a snooze, make sure it is less than 30 minutes.
3. Physical activity is healthy but strenuous activities should be done early in the day so not to affect sleep at night

4. Make after-dinner playtime a relaxing time. In general, fast movements in all directions such as running or spinning may cause overstimulation and should be avoided before bedtime.
5. Slow rhythmical linear rocking, such as in a rocking chair, can be calming before bed and can address the child's vestibular processing needs.
6. Establish a regular time for bed each night and do not vary from it. Similarly, the waking time should not differ from weekday to weekend by more than one to one and a half hours.
7. Create a relaxing bedtime routine, such as giving your child a warm bath or reading a story.
8. Eat large meals or drink large amount of fluids at least 2 hours before bedtime. Don't go to bed hungry or stuffed.
9. Avoid the use of nicotine and caffeine after 6 p.m. if possible.
10. Food with desired calming sensory properties may be part of the child's bedtime snack. Sucking through a straw, and foods requiring "heavy work" for the mouth (such as chewing bagels) may be part of the sensory diet.
11. Have warm milk with a touch of cinnamon and honey or chamomile (sleepy time) tea just before bed.
12. Deep pressure, or a calming massage may provide needed tactile input, and aid with sleeping.
13. Make sure the temperature in the bedroom is comfortable and that the bedroom is dark.
14. Ensure the noise level in the house is low.
15. A quiet room that is carpeted for noise absorption is generally preferred.
16. Use "white noise" in a room. Noise from a fan can be calming and can help to block out noises from the environment.
17. Relaxing music, or music with a strong beat, has been recently reported to be helpful for falling asleep.
18. Sensory-based adaptations can also be made to the sleep environment. A slow moving, rhythmical, visual tool such as a fish tank can also be calming. There should be no television, computer, mobile phone while the child is going to sleep.
19. Avoid watching TV and electronic devices 1 hour prior to bed time
20. Visually the bedroom should be a calm, uncluttered, safety-proofed space, with dark or low lighting, and room darkening blinds. In some instances, having the child sleep in a small tent can help with limiting distracting visual stimuli
21. Weighted blankets can be used to calm and relax those high energy children at night.
22. Pyjama materials should be considered. Often removing tags from clothing and softening new pyjamas by multiple washings can be helpful.
23. Some children with FASD engage in "picking behaviour" which may result in stuffed animals or mattresses being pulled apart. Provision of hand fidgets such as a stress ball or blankets with preferred fabric pulls, may help to meet the child's tactile needs. Sleeping bags or "nesting" with multiple stuffed animals may meet proprioceptive needs.
24. Children with FASD often have a keen olfactory sense. It is necessary to be aware of all scents in the environment as they can be overwhelming (for example, laundry soap, fabric softener, toothpaste, body soap, or lotions). Determining which scents are calming for the child (for example; vanilla, banana, or lavender) can be helpful.
25. Consult with a doctor the issue of sleep for your child.

