

Sleep strategies

1. Have a consistent bedtime routine to set expectations at night
2. Ensure a fixed bed time (e.g. 9pm to reinforce the body's sleep-wake cycle)
3. Perform calming activities before bedtime (e.g. reading, doing puzzles, reciting prayers)
4. Provide a calming environment (e.g. a quiet, cool, and dark room; listening to soft, calming music or white noise to prepare the body and mind to rest)
5. Read social stories about bedtime to reduce uncertainty and anxiety at night (e.g. what to do when you wake up at night)
6. Exercise regularly to sleep better at night
7. Limit screen time at least 1-2 hours before bedtime
8. Ensure comfortable pyjamas and bedsheet. Cut off clothing tags or wash with unscented detergent if your child is sensitive to certain smells or textures.

A Bedtime Social Story

I CAN FALL BACK TO SLEEP

Sometimes I wake up in the middle of the night.

I feel scared and do not know what to do.

But it is okay because a lot of people wake up in the night too.

Sometimes it takes a while to go back to sleep.

That's okay! I can think about happy things. Like my favourite movie, or my favourite place to visit.

I can hug my stuffed toy, snuggle into my blanket and close my eyes.

And then I go to sleep.

Sleep Hygiene



Created by EIC
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What is sleep hygiene?

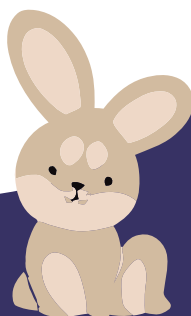
It refers to the quantity and quality of sleep, healthy habits, behaviours, and environmental factors (dark room, quiet room).

As your child grows, the amount of sleep required changes

1-2 years → 11-14 hours

3-5 years → 10-13 hours

6-12 years → 9-12 hours



Why is it important?

Sleep is the foundation to completing everyday tasks efficiently. During sleep, our bodies rest and repair themselves. Hence, our immune system is regulated, reducing our chances of falling sick. Children require sleep hygiene in order to learn, play and perform daily activities.

Consequences of poor sleep hygiene



-  • Inability to focus and pay attention
-  • Increase risk of health problems e.g. obesity, diabetes, stroke
-  • Poor mental health e.g. depression, anxiety
-  • Impaired cognitive functions e.g. poor decision making, working memory and learning

How can Occupational Therapy help in sleep?



Through the knowledge of sleep physiology and evidence-based strategies, Occupational therapists can assess a child's physical and developmental status and environmental factors (physical and social) to develop a sleep treatment plan, provide education and address underlying conditions e.g. pain, mental health issues.

Common issues with sleep



- Sensory processing issues e.g. complaints of feeling uncomfortable with wearing pyjamas, lighting, noise, room temperature
- Distractions in the environment e.g. TV, messy room
- Behavioural challenges e.g. refusal to go to bed
- Physical concerns e.g. night waking, frequent toileting at night