

Tîm Camau Bach Sleep Tips



sirgar.llyw.cymru

carmarthenshire.gov.wales



Cyngor Sir Gâr
Carmarthenshire
County Council



First step: Find out the reason behind the sleep issues? Underlying reasons may be sensory processing issues, medical reasons, Behavioural reasons, neurological issues, psychological reasons such as anxiety.



- Keep a sleep diary for 2 weeks and see if there is a pattern to your child's sleep. Share this information with a professional to explore appropriate strategies to help to improve the situation.
- Try and keep to a good routine every day with a variety of activities and opportunities for fresh air and exercise.

- Try to avoid the television or iPad in the hour before bed. Replace with activities such as colouring, lego, story time calming and focusing activities.

- Diet is important – do try to encourage healthy eating during the day and avoid caffeine based drinks after 6 pm.

- Offer a snack for supper such as banana, cereal, milky drink, yoghurt. Avoid sugary foods and drinks.



- **Environment** – Beds are for sleeping in and Bedrooms for rest. If you can, try and stick to this rule.

- **Sound:** Consider the noise, some children like it quiet? Other children may like a background noise or a white noise such as a fan or a bubble tube.

- **Temperature and clothing** – check this to adapt to your child's preferences

- **Texture/Bedding** – Some children like weighted bedding to sleep under? Just to get off to sleep? Other children may like to try compression sheets which are popular just now. You may like to try a sleeping bag so that your child fits tightly wrapped? Burrito blankets are good as well. Try placing some rolls/pillows to wedge your child in the bed to give that feeling of security.



- **Lighting** Does your child prefer a dim light? Night light? Coloured light? No light? A Red-light lamp may be useful. Red light is meant to help your internal body clock. Light Therapy lamps are useful for some children.

- **Smells** – Try creating a peaceful and pleasant-smelling room, very low strength smells should be used. Lavender or vanilla or Jasmine.

- **Routine:** A bedtime routine is essential. Use visual aids to help your child understand the steps involved, Look on E bay or Amazon for routines which are all made up for you or design your own with your child. Example below:



If visuals are not appropriate for your child try objects to increase your child's understanding.



Choosing a bedtime: For all of use there is a time when we can fall asleep easily. Our brains are more alert in the hour before this so we call this The Forbidden Zone!! Avoid this time for bedtime as your child will become frustrated and anxious as calming down will be difficult. You know your child best and will know when they are ready!!

Once you have a routine stick to this even at the weekends and holidays.

Particular sleep problems: Some children may need a sleep assessment and a sleep plan which is designed to meet the child's needs:

Please contact Tim Camau Bach for a referral to Sleep Workshops for specialist support should your child meet the following criteria.

- Your child/young person has difficulty getting to sleep
- Wakes frequently through the night.
- Wakes very early in the morning
- Cannot accept a bedtime routine.
- Tends not to sleep all night.
- Has sensory issues preventing sleep.
- Is unable to achieve quality sleep through anxiety

Books that can help!

