

Sleep Difficulties

Quality sleep is an essential part of growth and development. It helps to increase focus, tolerance and helps to make children less susceptible to colds and other minor illnesses.

Possible causes of sleep difficulties

- Difficulty self-settling/soothing
- Changes to routine
- Being hungry or thirsty
- Fears or anxieties
- Sensory processing difficulties/heightened sensory awareness
- Night terrors or nightmares.
- Difficulty with sleep/wake cycles
- Social cue difficulties – not making the connection of others going to bed and their own need to sleep
- Sensory issues – not liking the dark or struggling with environmental noises

Impact of lack of sleep

- Aggression
- Hyperactivity
- Increased behavioural problems
- Irritability
- Poor learning and cognitive performance

Strategies / Interventions.

- Explore possible issues that could contribute to difficulties, such as sensory processing or lack of understanding between the differences of night and day.
- Keep a diary to try identifying any patterns or triggers.
- Weighted blankets
- Ensure children do not anything sugar loaded before bedtime



WEIGHTED BLANKETS



Links to EYFS

PSED & physical development

SEND Code of Practice.

SEMH, P&S.

Useful Links

[Children - The Sleep Charity](#)

[Children's Sleep eBook - The Sleep Charity](#)

[Sleep Advice Service - Cerebra](#)

[Autism and Sleep March 2020.pdf](#)

Parental Section: Using strategies at home.

Develop a bedtime routine – This could be displayed as tick list or visual routine.

Create a suitable environment to match the needs of your child – consider light conditions and sounds. White noise machines can be successful for some children. Essential oils can also help some children.

Limit screentime before bed. Tablets and devices shouldn't be used as a minimum of an hour for bedtime.

Ensure your child has access to anything that may help them self-soothe.