



Sleep

WORLD SLEEP DAY 18TH MARCH 2022

Sleep

Sleeping helps us to recover from mental as well as physical exertion. Sleep and health are strongly related - poor sleep can increase the risk of having poor health, and poor health can make it harder to sleep. Sleep disturbances can be one of the first signs of distress.

There's a close relationship between sleep and mental health. Living with a mental health problem can affect how well you sleep, and poor sleep can have a negative impact on your mental health.

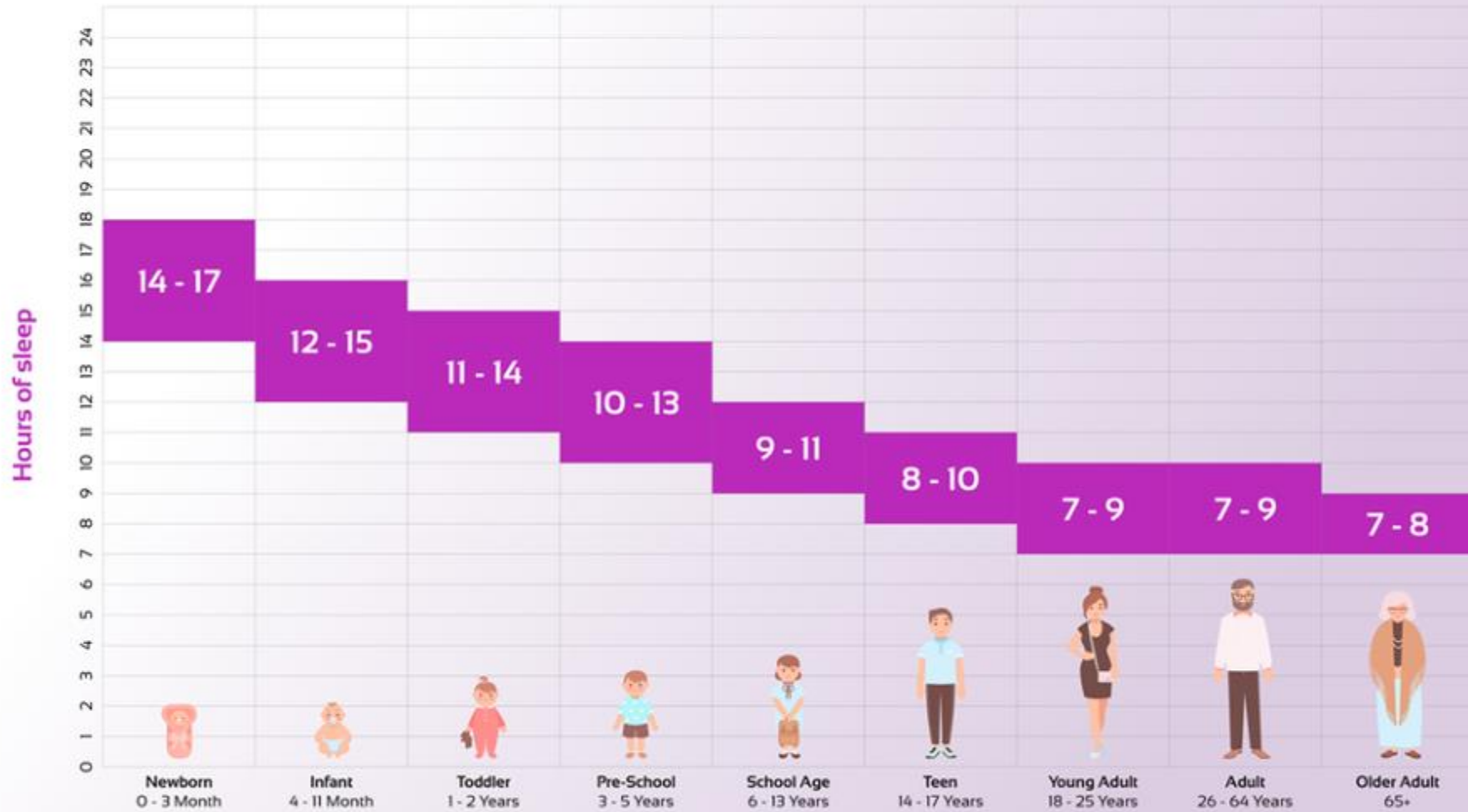
"Poor sleep leads to worrying. Worrying leads to poor sleep."



Help

- Eye masks
- Pillow sprays
- Change to Decaffeinated drinks
- Stay off your phone before bed
- Hot bath
- Journal to write your thoughts that wake you up
- Talk to your GP

Recommended Sleep Times Duration



Source: Based on a table, published by National Sleep Foundation, <https://www.sleepfoundation.org/>

Children struggling to sleep tips

Winding Down

At least one hour before bedtime: dim lights, no tech, relaxing activity. Screen time can actually block melatonin, making it harder to get ready for sleep.



Children need at least 60 minutes of **physical activity** per day - heart rate up!



Consistent bedtime is key.

Keep the same wake up and bedtime, this will help maintain a healthy body clock and reduce chronic sleep issues.



Look deeper than sleep routines: **feeding** and **gastro** issues are common contributing factors to poor sleep in autism. *@coastalridgeaba*



ASD & SLEEP

@healthysleep.solutions

Inadequate sleep can impact learning, memory, attention, mood and overall health.

Up to



of autistic children experience sleep problems.

Sensory Smart Sleep Tips

*for
kids*

→ **Deep Pressure**

- Heavy blanket, weighted blanket
- Kiddo burrito
- Bear hugs
- Pillow squishes

Movement ←

- Rolling on an exercise ball
- Rocking chair
- Row, row, row your boat activity

→ **White Noise**

- White noise machine
- Ceiling fan or regular fan
- White noise app

→ **Warmth**

- Warm rice pillow
- Cozy Plush warm stuffed animals
- Warm up blankets or comforter in the dryer before bed

Visual ← **Stimulation**

- Watching fish in an aquarium
- Aquarium DVD or app
- Lava lamp as a night light

Bedtime Routine



Have a Bath



Put PJ's on



Brush Teeth



Go to the Toilet



Read a Book



Sleep Time

www.foreverorganised.com

Example Bedtime Routine & Visual Schedule



Put on pajamas



Use toilet



Wash hands



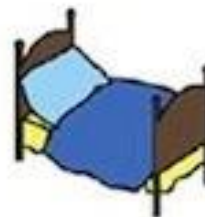
Brush teeth



Drink water



Read story



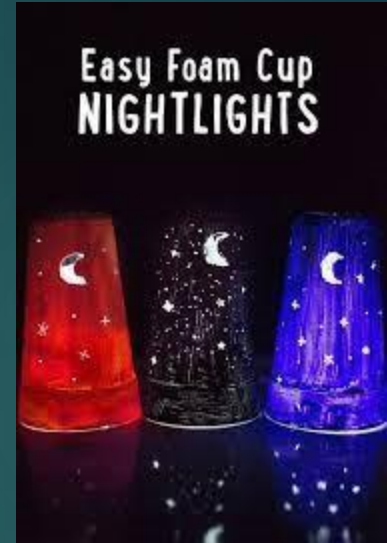
Go to bed



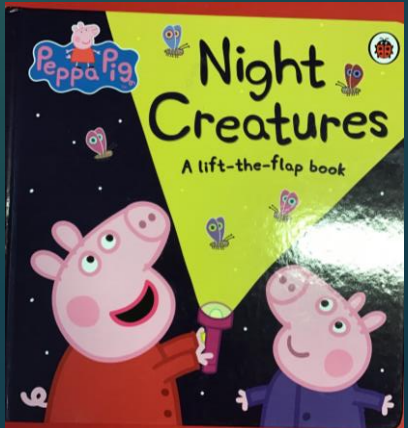
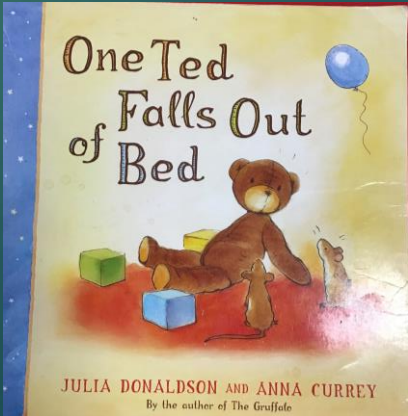
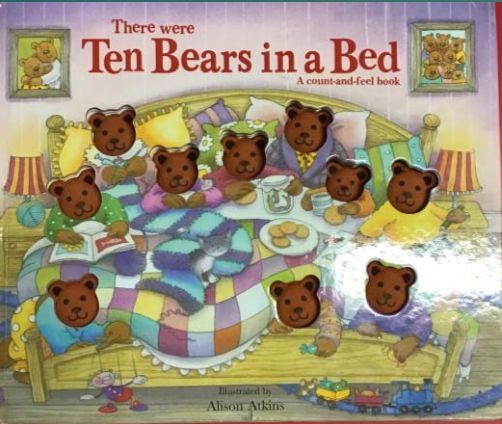
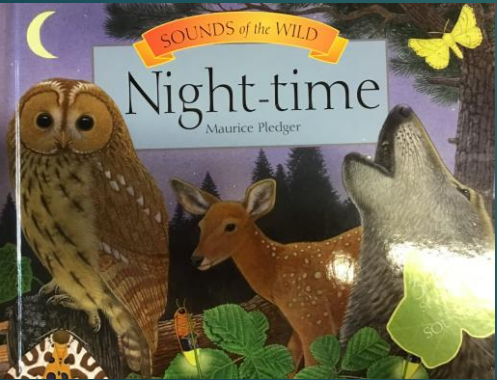
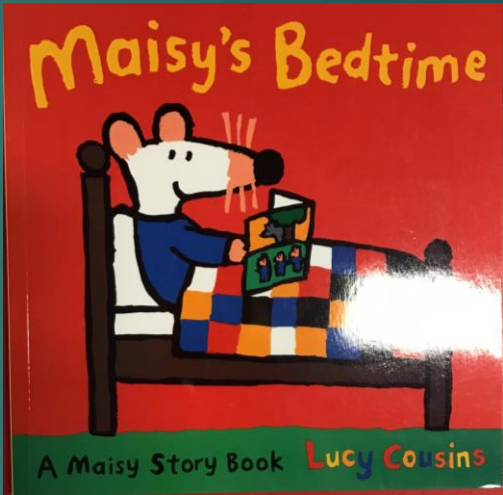
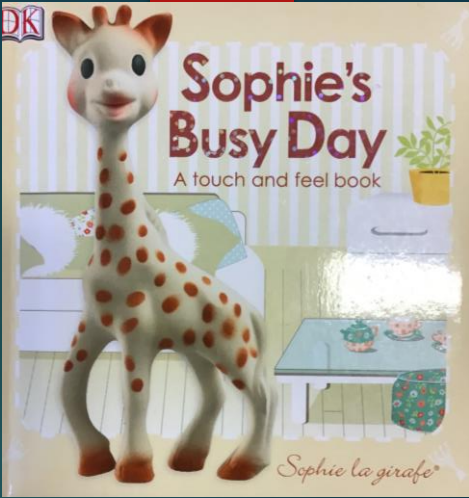
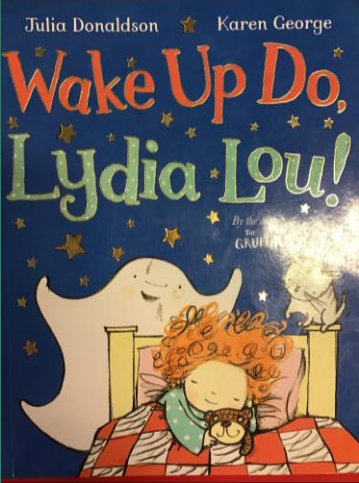
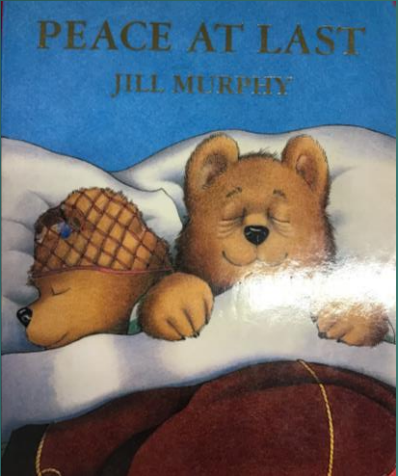
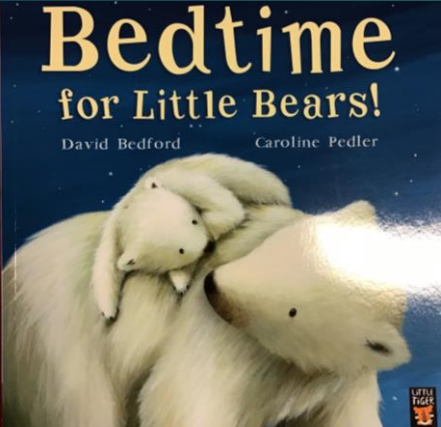
Sleep

Make the routine *calming, short, predictable, & expected.*

Activities to do with children



Books for children



Adults struggling to sleep tips

Meditation



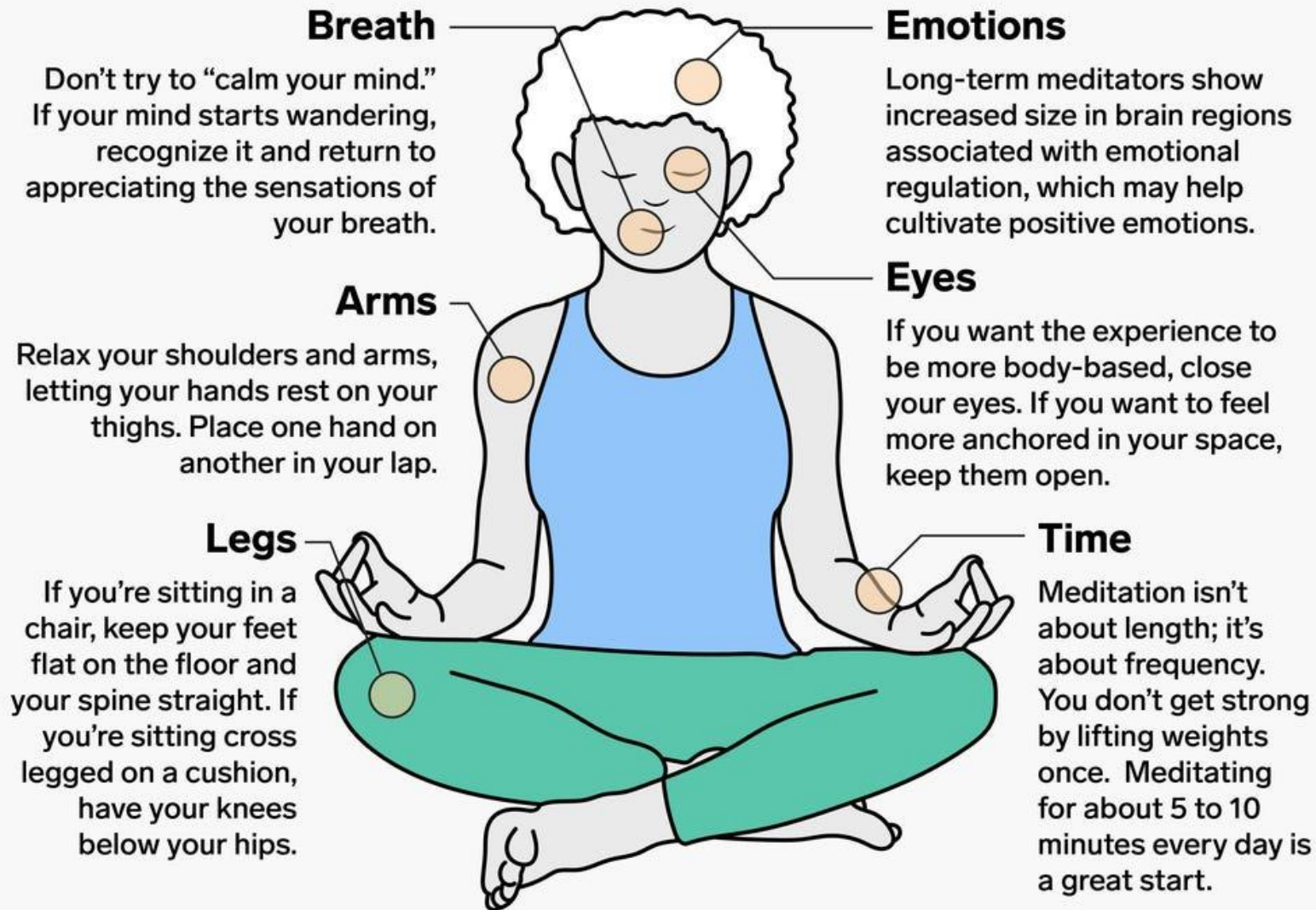
Meditation can produce a deep state of relaxation and a tranquil mind. During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process may result in enhanced physical and emotional well-being.

Meditation will help you change your attitude towards life and provide peace of mind and happiness. It helps you achieve a better understanding of yourself as well as others. ... -Since it helps you clear your head, meditation improves your concentration levels, memory, creativity and also makes you feel rejuvenated

Help

- Videos on YouTube
- Tips on next page

6 tips to help you start meditating



TIPS FOR HEALTHY SLEEP



✓ YES



GET UP AT THE SAME TIME



EVENING WALKS



BEDTIME ROUTINE



COMFORTABLE BED



COOL AND DARK ROOM



RELAXING BATH

✗ NO



HEAVY FOOD



BLUE LIGHT



HARD TRAINING



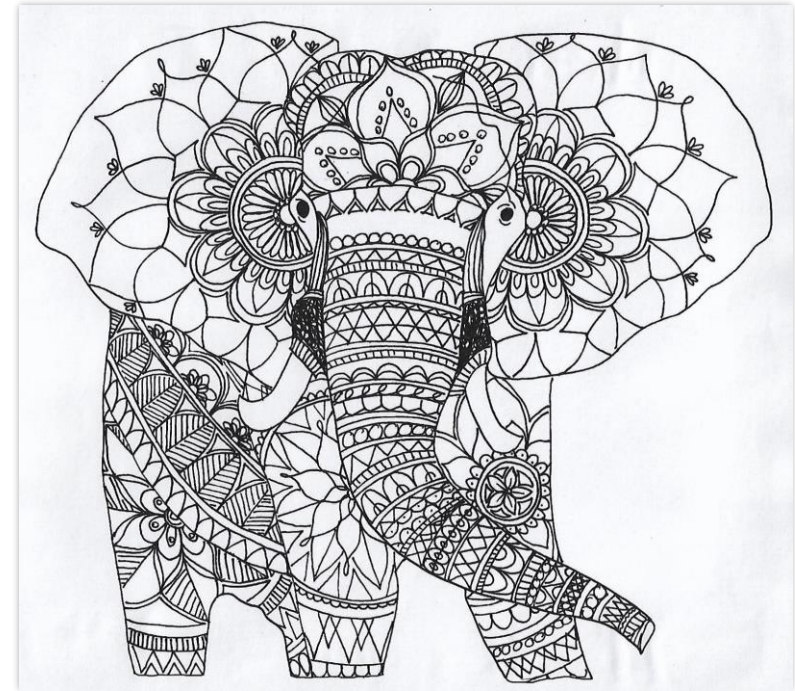
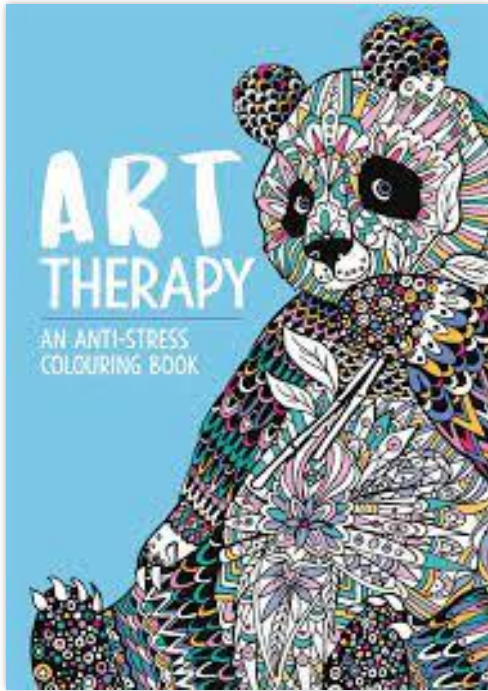
ALCOHOL, SMOKING



CAFFEINE



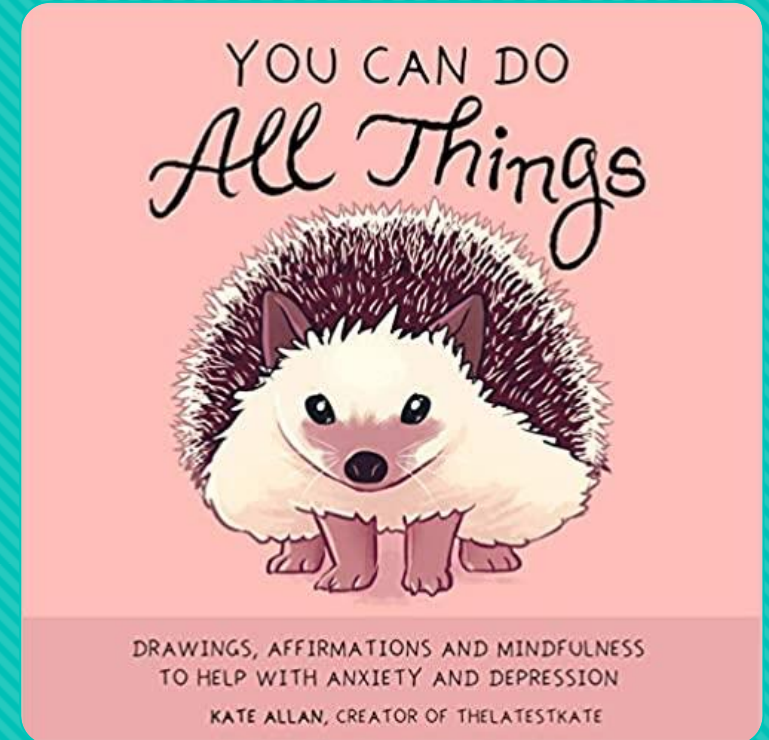
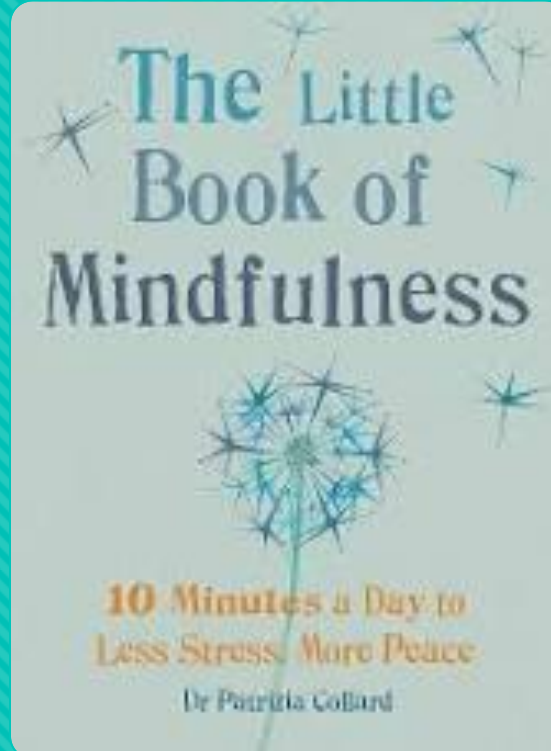
STRESS



Art Therapy -It can give you the opportunity to express your inner thoughts, while helping you to better understand and make sense of your emotions.

How to Develop a Healthy Sleep Routine





Books- reading as little as 6 minutes per day can improve your quality of sleep, reduce stress. Reading strengthens the neural circuits and pathways of our brain while lowering heart rate and blood pressure.

INVEST
in
REST