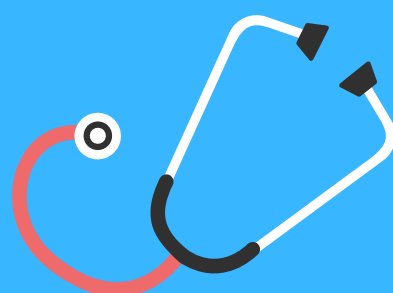


# Autism Sleep Clinic tips



Autistic spectrum can particularly effect sleep due to a number of reasons

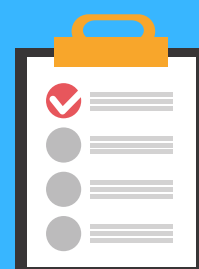
- Anxiety induced insomnia
- Social Cuing
- Melatonin secretion irregularities
- Epilepsy
- Sensory issues



These are just a few reasons so below is a few helpful tips to ensure better sleep cycles

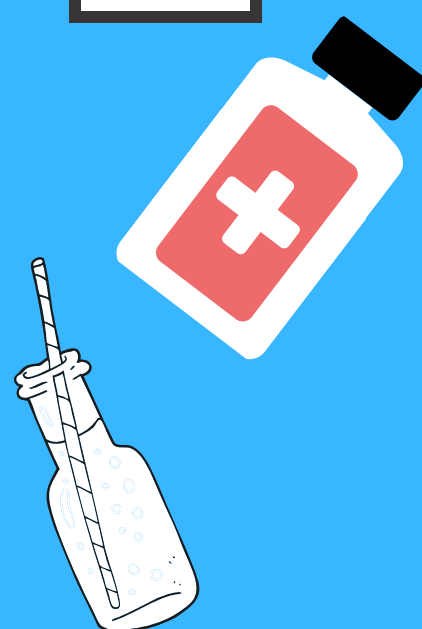
## 1 ROUTINE

Key to ensuring you can measure the sleep cycle effectively is to embed a routine before bed time. If required use social schedules and during this routine minimise exposure to blue light screens.



## 2 AVOID FOOD STIMULANTS

It goes without saying but avoiding anything which is a known trigger for your child is key. We wont limit this to caffeine drinks or sugar - many foods can impact gastrointestinal health and impact sleep



## 3 SENSORY DIET

Sensory diet is key here and if you have not had your child's profile mapped by a professional we strongly suggest doing this. Knowing what your child's sensory profile is will impact their day and aid better sleep patterns



## 4 THE BEDROOM

Think calm, remove any bright lights. Some families use complete blackout curtains.

Remove noise as much as possible, choose the room with the quietest ambient noise, if your child can tolerate ear plugs utilise these.

Remove labels from bed clothing

Weighted blankets can be very useful, as can massage, & sensory bath



## 5 MEDICATIONS

Always consult a medical professional who is an Autism specialist before looking at medication. Many health stores offer natural products and in the USA melatonin is readily available in most drug stores.



## 6 SLEEP AS A NEED

It is important that a child or adult with autism is taught why they require sleep. The use of social stories again is key but also reinforcing this concept is very important.

## 7 SLEEP ANALYSIS

Learn to keep a sleep diary - that way if problems persist you can have useful information at hand to show to professionals



## 8 SLEEP CLINICS

Find out about your local sleep clinic service - this be through your healthcare provider or charity. If you cant find one contact us and we can point you in the right direction.

