



Get Better Sleep Guide for your Neurodiverse Child



**Top 5 Sleep Tips for a healthy,
happy and rested sleep**

Sleep for Your Child with a Disability

TOP 5 SLEEP TIPS FOR A HEALTHY, HAPPY, AND RESTED SLEEP

Welcome!



Have you been struggling to get your child with a disability resting better?

You are not alone...

It's so hard to know where to start.

You might be nervous to make any changes because any shifts from what you are doing have led to tantrums, fights and going back to what you were doing over and over again.

You want bedtime to be easier and you know there has to be a way to start to get better sleep.

I am here to help your child get better sleep

In this guide you will learn my top tips to get your child resting better. Give time for you and your child to learn these tips for a healthy, happy and rested sleep.

Soon enough, your child will:

- **Settle easier at bedtime**
- **Start getting more hours of sleep at night**
- **Wake up better rested in the morning.**

Start using one or all of these tips and go from being exhausted and frustrated to confident and hopeful that your neurodiverse child can sleep better.



#1 Limit Screen Time

The blue light that comes from our screens, whether it is a TV, tablet, or smartphone tricks us into thinking it is still daylight and makes falling asleep harder. Our bodies don't recognize the signs that helps us determine it is time for bed when we use screens before bedtime. For neurodiverse children, they are more sensitive to this blue light and delaying the release of melatonin to help us to fall asleep.

Along with the blue light, the activities we are watching or doing on a screen can cause big emotions which make it difficult to wind down. An exciting movie, a loss on a video game, or fear of missing out can make the transition off of electronics difficult.

TIP: eliminate all screens AT LEAST one hour before bed and even earlier if your child has sensory processing issues.



#2 Maintain a Bedtime Routine

Your child craves predictability and routine even at bedtime. Having a consistent bedtime routine helps to prepare your child and their body to know that sleep is coming next.

Pick 5 or 6 activities in your typical bedtime routine and repeat them in the same order before going to bed each night. The routine should be calm and relaxing and last no more than 30-45 minutes. Limit how many transitions are being made preparing for bedtime.

TIP: Go to bed and wake at the same time each day to help regulate your sleep.

Ask me to send you my bedtime routines worksheet



#3 Movement

Moving our body daily helps to set the body clock to regulate our bodies to know when to be active and when to rest.

Making sure your child has plenty of opportunity to be active is a great way to help them fall asleep faster and make bedtime easier.

Walking or activities with rhythmic movement helps to regulate their energy as not all activity is the same.

TIP: Move AT LEAST 60 minutes per day.

#4 Bedroom Conditions

Create a sleepy bedroom environment by keeping the bedroom dark and cool. This will keep the body and brain in sleep mode longer.

Keep the bed for sleeping and keep play time or relaxing off the bed. This will help build the association for bed with sleep.

The bedroom can be a sensory experience - sounds, smells, lighting and "stuff" on the floors and walls can make falling asleep difficult. Create a calm bedroom environment and consider all the senses with the bedroom, bedding and night time clothes.

TIP: If a nightlight is needed, choose an amber, red or orange light if your child prefers some light.





#5 Consistency

You know that your child doesn't do well with transitions or surprises. If you try one or all of these tips you need to be consistent to allow your child to figure out the new expectations around sleeping. Allow time for your child to come to adjust to the changes.

Always be consistent when making changes. Change is hard and it takes a lot of energy to stick with new habits.

Consistency is the key!



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Hi I'm Joelle Hill



I am a sleep consultant for families who have children with a disability spec and are at their wits end with sleepless nights, bedtime battles, stressed-filled days and other professionals who are not able to give you enough information to make changes.

I can help your child sleep better and in turn you sleep better too! I have worked in the field of infant and child development and mental health with families who have neurodiverse children for 20+ years and have a strong knowledge base of responsive and developmentally focused support which considers parental comfortability and matches your child's temperament.

I am passionate about empowering parents with knowledge to help their child be more healthy, happy and rested.

These tips have been used by parents whose children have a diagnosis, delay or disorder including ADD/ADHD, Autism, Cerebral Palsy, Down Syndrome, Sensory Processing and Developmental Delay with great success to getting the rest you need and deserve.

From faster bedtime, an hour more of sleep, your children sleeping through the night, change is possible.

What would it mean for your family if your child was sleeping better?

Ready to get started?

Schedule a Discovery Call with me if you are ready to get your child sleeping better with confidence and support that your family can get a better night's rest.

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