

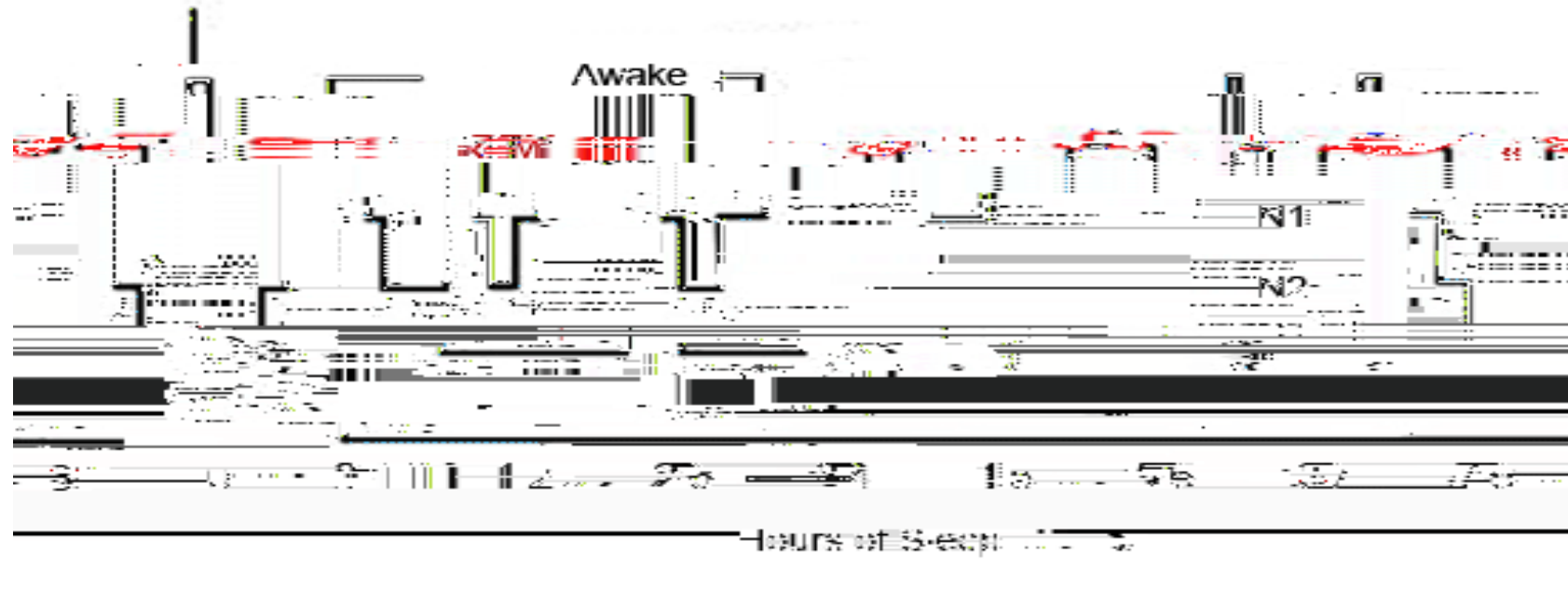


The Importance of Sleep



Working to ensure that children get a good nights sleep

Sleep Cycles



Working to ensure that children get a good night's sleep
.....and so do their parents!

Sleep Issues



Working to ensure that children get a good night's sleep

Potential Sleep issues

- 1, Lack of routine
- 2, Pain
- 3, Temperature of room
- 4, Bedding
- 5, Noise
- 6, Light
- 7, Over stimulating bedroom
- 8, Medication
- 9, Comfort
- 10, Sleep associations



Working to ensure that children get a good night's sleep
.....and so do their parents!

Common Issues

Self settling

Night waking

Understanding the difference between day and night

Anxiety



Working to ensure that children get a good night's sleep
.....and so do their parents!



Developing a Good Routine

Plan quiet time.

No screens in the hour before bedtime.

Hand eye coordination activities.

Make sure the bedtime routine is calm.

Bath time.

Once your child has gone to their room they should not go back into the living room.

Avoid giving your child blackcurrant drinks, chocolate, cola or coffee in the evening.

Keep hugs, kisses and stories to the same length each night.

Use a set phrase



Working to ensure that children get a good night's sleep
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A Restful Room



Rewards

Does your child know what you are rewarding?

Give verbal praise "I like the way you are . . ."

Never take rewards away

Never give sad faces, crosses etc

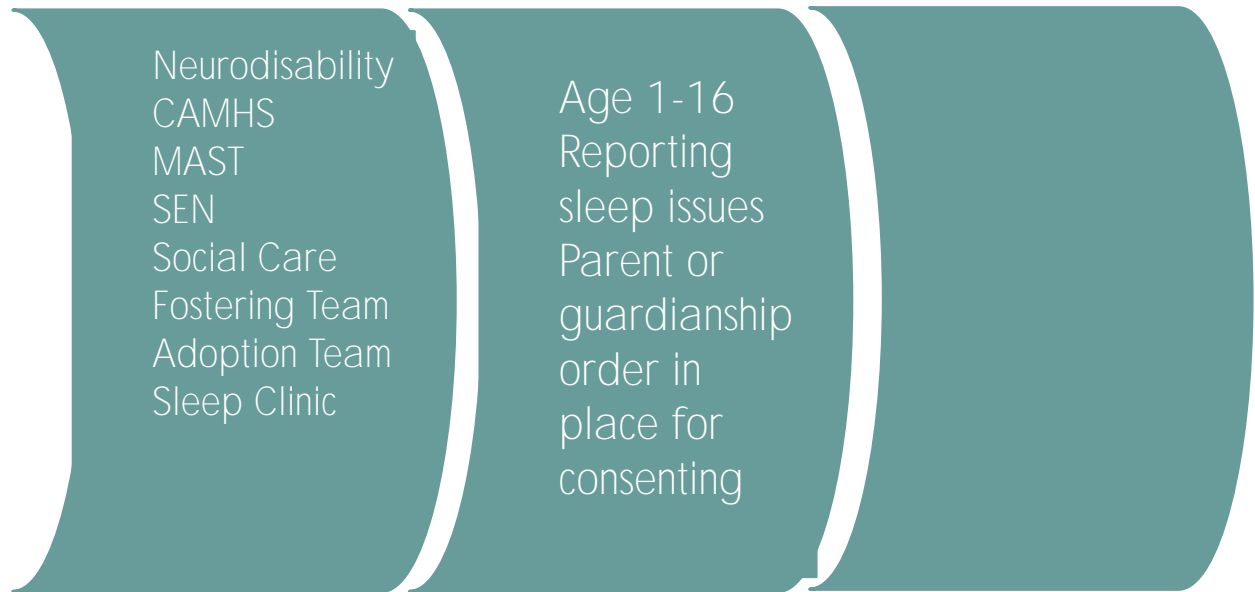
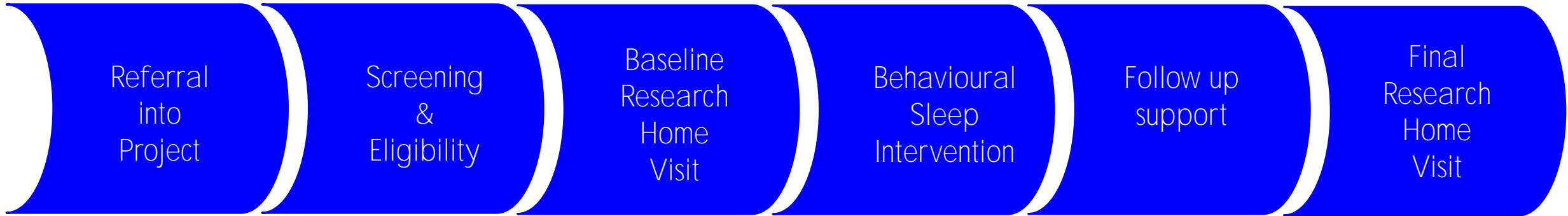
Reward as soon as possible

Review rewards



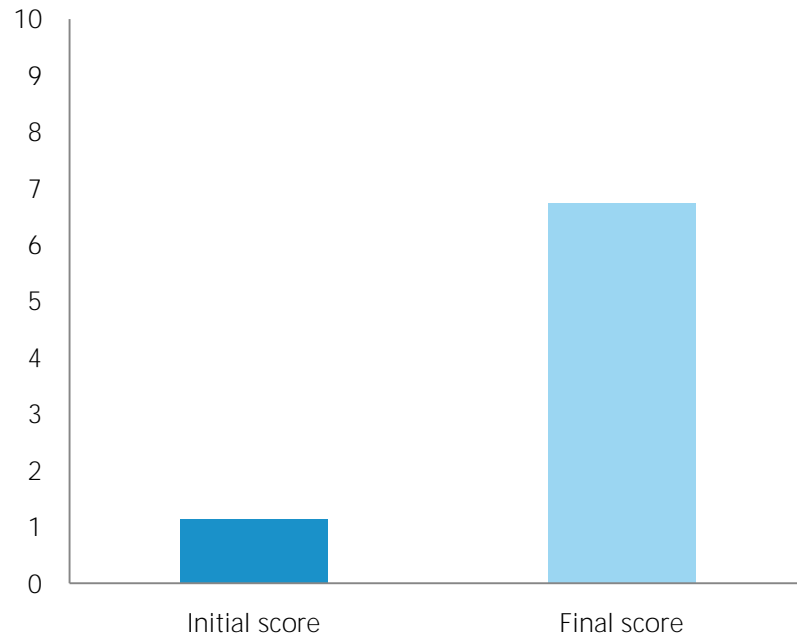
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Research Project





Ability to self settle

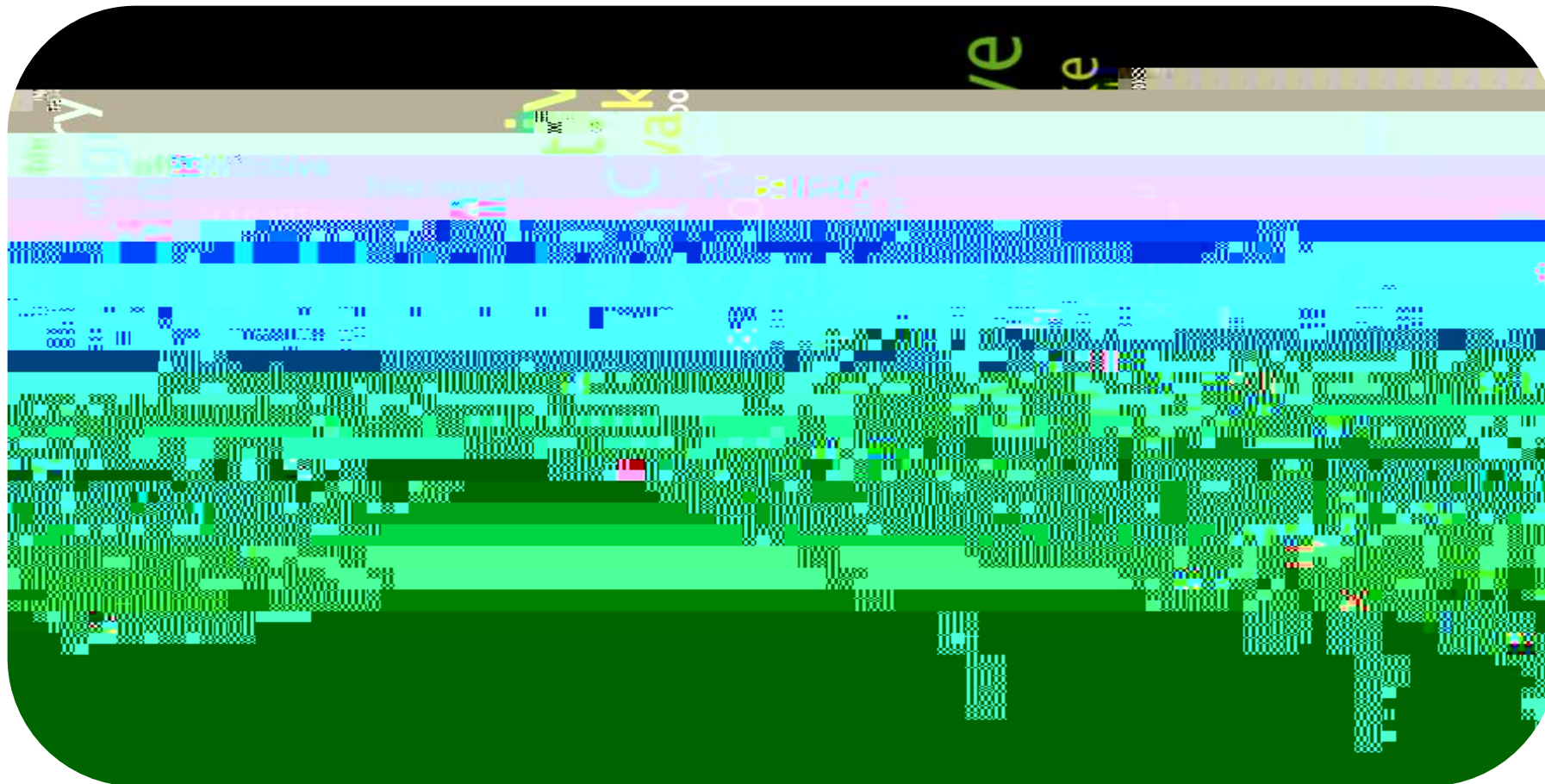


ability to self



Mood of the Child on Waking

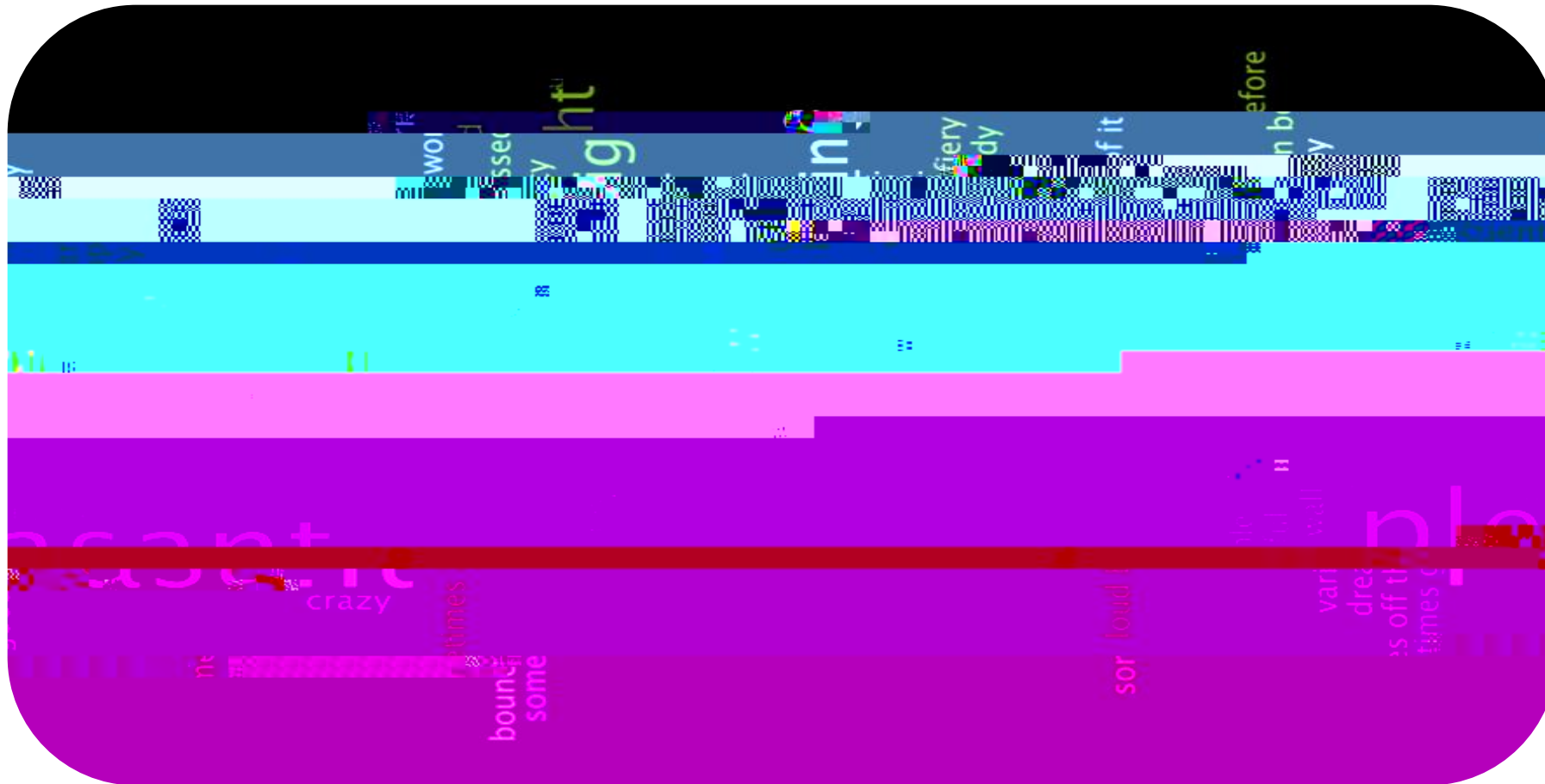
PRIOR TO INTERVENTION





Mood of the Child on Waking

POST INTERVENTION



Cost Impact





Case Study

The case study is based on multiple families experiences

Danny is a 13 year old boy

He lives with his adopted parents

He has been with the family for 8 years

Always been a bad sleeper

He cannot switch off at bedtime, he describes his mind is racing

He will go on his electronic devices and eventually fall asleep between 01:00 and 02:00

He hates getting up for school in the mornings



Case Study

No set routine

They are unsure exactly what time Danny falls asleep as they are already in bed by the time he falls asleep

Waking Danny up for school is such a huge battle

The parents are just get into work on time

They have regular feedback from school about the lack of concentration in class & disruptive behaviour

Case Study





Case Study

Technology is turned off
Main lights dimmed, curtains closed
Danny is encouraged to choose from activities on offer:

- Adult Colouring in / drawing
- Board Games
- Lego
- Jigsaw puzzles

A drink of milk/water is given with supper from sleepy foods list

Danny has a bath, or asked to put on nightwear if bath is too much
Danny is not to return to living room at this point
Danny goes to the toilet and brushes teeth following the bath

Danny goes to the bedroom
Reading Harry Potter for 15 mins only
Give Danny a kiss and say "It is night time now, love you, go to sleep"

Danny left to go to sleep



Case Study

Additional Strategies to accompany sleep plan:

Removal of technology from bedroom

Family centred time



Case Study

The Importance of Support From Sleep Practitioners:

Parental / carer confidence

Listening and empathy

Feedback





QUESTIONS?

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