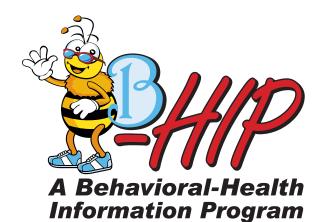


- ✓ First, consult your pediatrician/family practice doctor for advice and to make sure that medical problems aren't contributing to your child's sleep problems (such as: colic, allergies, ear infection, breathing problems, or other health-related problems).
- ✓ If needed, consult a sleep expert. A sleep expert will most likely recommend a short-term behavioral intervention.
 Behavior therapy has been shown to be effective, even with severe and long standing sleep problems.



To find a sleep expert and for more information:

- ✓ <u>http://www.sleepfoundation.org/</u>
- ✓ <u>https://kidshealth.org/en/parents/sleep.html</u>
- ✓ <u>http://www.sleepeducation.com/</u>
- ✓ Durand, V.M. (1998). Sleep better!: A guide to improving sleep for children with special needs. Baltimore, MD: Paul H. Brookes.



for Children and Adults with Disabilities

UNIVERSITY of SOUTH FLORIDA

College of Behavioral & Community Sciences

Information provided by:

Inclusive

OMMUNITIES

Florida Center for Inclusive Communities, a University Center for Excellence in Developmental Disabilities University of South Florida

Please Cite this Document as:

Havercamp, S.M. (2008). Sleep Matters: How to Help Your Kids Sleep. Florida Center for Inclusive Communities, http://flfcic.org.

Development of this material was supported by the Administration on Developmental Disabilities (#90-DD-0592, Fox and Kincaid)

For more information or to order additional copies visit http://flfcic.org

Sleep Matters:

How to Help Your Kids Sleep





Infant Well-Being

What do We Mean by Sleep Problems?

About 43% of all kids and as many as 86% of kids with developmental delays experience some type of difficulty with sleep.

Problems include:

- ✓ Difficulty settling down and falling asleep at bedtime
- ✓ Frequently waking up during the night
- ✓ Irregular sleep patterns
- ✓ Sleeping only in short stretches at a time
- ✓ Daytime sleepiness



Why Should We

- ✓ Kids with sleep problems have trouble:
 - Thinking
 - Remembering
 - Paying attention
 - Being creative
 - Succeeding at school
- ✓ Sleep problems can make kids moody and short-tempered
- ✓ Good sleep is important for health, growth, and development
- ✓ When kids sleep poorly, the whole family suffers! Moms of poor sleepers are more likely to be:
 - Stressed
 - Depressed
 - Have marriage problems
 - And may be more likely to abuse their kids!



How can we help kids sleep better?

- Keep a consistent bedtime routine beginning at the same time every day
- Include a series of quiet activities (e.g., bathing, brushing teeth, changing into PJs, reading a book) and end in the child's bed



- ✓ Keep your child's bedroom cool, dark (nightlight only), and quiet
- ✓ Let your child fall asleep alone
- NOTE: Avoid TV and videos before bed, they make it harder for kids to settle down to fall asleep and increase the likelihood of waking up in night.

