

LITTLE SNOOZERS



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PEDIATRIC SLEEP CONSULTANTS

Welcome

Help Your Child Achieve Healthy Sleep at
Any Age




Components of Healthy Sleep

- Proper sleep environment
- Coordinating sleep drive with natural biological rhythms
- Eliminating sleep association and understanding how to self-soothe
- Consistent and effective bedtime routine



Proper Sleep Environment


- Cave-like – Extremely dark
 - Black-out curtains, trash bags
- 68-72 degrees Fahrenheit
 - Dress child appropriately – one more layer than you have on
- White noise machine




Coordinating Sleep Drive with Natural Biological Rhythms

- Wake between 6-7 a.m.
- First nap starts between 8:30 – 9 a.m.
- Second nap starts between 12 – 1 p.m.
- Bridge nap around 3:30 – 4 p.m.
- Bedtime between 6 – 6:30 p.m.

Syncing sleep with natural biological rhythms will make sleep happen much more naturally





Consistent and Effective Bedtime Routines

- 20-30 minutes for night and 10-15 minutes for naps
- Dim light
- Last feed, if applicable
 - If you find your child is falling asleep during the feeding, try pushing it to the beginning of the routine
- Book
- Song

Consistent bedtime routine is key!





Sleep Associations and Self Soothing

- Your child should not have a job to do between sleep cycles
- Soothing is a skill that is learned and practiced
- Our job is to set our child up for success. It is their job to fall asleep.

What's Next?



- Dropping the Bridge Nap
 - 6-9 months old
 - After a period of about two weeks of not taking a nap it is safe to assume he/she is finished with the bridge nap.
 - To make up for the bridge nap, offer bedtime 30 minutes earlier for a few days.
- Moving from 2 Naps to 1
 - 15-18 month old
 - You can try to drop the morning nap altogether and just go to one afternoon nap.
 - Begin afternoon nap close to noon
 - You can cap the morning nap at one hour for a short time before dropping it completely
 - The afternoon nap should lengthen and last 1.5 – 2 hours.


Dropping from 1 Nap to Zero

- Many children still need to nap until they are school-aged
- Keep the nap as long as possible!
- Maintaining Success
 - Many children falsely give up naps before they are actually ready
 - Wait 2 full weeks before accepting a nap transition
 - Keep the crib as long as possible.
 - 3 years old
 - 80/20 rule



A stylized sun graphic on the left side of the slide. It consists of a solid yellow circle at the bottom left, with several short, curved yellow dashes above it, suggesting rays of light. The background is a gradient from orange at the top to white at the bottom, with a large white semi-circle on the right side.

Autism, ADHD, Anxiety & Sleep



Respect the Importance of Bedtime

- Bedtime routine is KEY!
- Set an appropriate bedtime and be consistent with it.
- Sleep environment is important.
- Avoid screens, excitement and caffeine before bed.
- Get lots of physical activity during the day.
- Keep a daily schedule (sleep/eating).
- Regulate naps in older kids to preserve bedtime.



Tips for Autism, ADHD, Anxiety & Sleep

- Create positive associations and celebrate successes.
- Learning to sleep is a marathon, not a sprint.
- Commit to the process.

ADHD & Sleep

- The single most helpful strategy for parents of kids with ADHD is validating your child's thoughts and feelings by showing interest and empathizing with them.





Anxiety and Sleep

- Caregiver's Role
 - Be a calm, “brick wall of empathy” in order to help the child feel safe enough to fall asleep.
 - Follow through on what you say you are going to do.
 - Work on self-regulation in order to coregulate.
 - Children are capable of managing life's ups and downs; we just need to teach them coping skills.



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