

# Sleep

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Issue 5



Are you looking for more information or support? Call us!  
**506-862-3783**

## SELF CARE

Are YOU getting enough sleep? Sleep is an important part of well-being for all members of the family! Read more about sleep and tips to get a better sleep here:

### Getting a Good Night's Sleep

<http://www.heretohelp.bc.ca/wellness-module/wellness-module-6-getting-a-good-nights-sleep>

### 1. Structure, Routine, Consistency

- Create an evening and bedtime routine. Use visual schedules to reinforce the routine and to accommodate for challenges with memory. Be consistent with your routine—do the same thing every night (even on weekends and holidays).
- Visual and/or auditory timers can be helpful for transitions.
- Bedtime and wake up should be consistent and not vary by more than an hour on weekends and holidays.

### 2. Prepare for sleep

- Children with FASD may have a harder time regulating and calming down for bedtime. Create a calming routine that starts in the early evening (reading together, colouring, etc.).
- Set a time to turn off electronics and television, ideally one hour to 90 minutes before sleep.

### 3. Think about the sleep environment

- Consider sensory integration difficulties. Is your child *hypersensitive* to anything in the environment (light outside, noise, pajamas, etc.)? Is your child *hyposensitive* and seeking input (prefers noise to sleep, likes heavy blankets, etc.)?

### 4. Talk to your pediatrician or family doctor. Some children with FASD may be deficient in melatonin (a hormone that helps with sleep).

Kelty Mental Health Resource Centre (n.d.). *Recommendations for sleep health for children with FASD.*

- ❖ Kelty Mental Health from British Columbia offers great information and strategies for sleep. See the Sleep section of the Healthy Living Tool Kit for Families: <http://keltymentalhealth.ca/toolkit-families>
- ❖ There are programs available online to create visual schedules;
  - <http://keltymentalhealth.ca/healthy-living/bedtime-routine>
  - <http://connectability.ca/visuals-engine/>