

Sleep Plan

A two-week plan to improve sleep habits



Bedtime.

- Turn off technology one hour before bedtime begins, at _____ p.m.
- Start bedtime routine 30 minutes before bedtime, at _____ p.m.
- Get into bed at _____ p.m.

Bedtime Routine.

- Put on pajamas, brush teeth, take a bath and have story time in the same order each night. If bath/shower is either frustrating, upsetting OR a party, move to an earlier time in evening or to morning.
- A storyboard can be useful for some children.
- A nightlight can be at the bedside – no other light.
- Clocks and time-telling electronics should be facing away from your child.
- Use white noise; a boring background noise (fan, fish tank, noise machine) should be in the room.
- Tell a bedtime story, but do not use tablets or electronic books. Older children should read in bed. This should be a book, NOT a tablet.
- Your child should stay in the bedroom until morning. This requires a gate, door being closed or you sitting at your child's door initially.
- A bedroom pass can be very helpful for early grade-schoolers.

Wake up.

- Get your child up at _____ a.m. every morning with bright light and noise.
- Do not allow a child to take a nap. School needs to be your partner with this as well.

Help older children manage worry.

Older children who worry about sleep or school can try journaling – writing down their thoughts before they begin their reading at bedtime. Talking to a counselor about their anxieties several times can also help alleviate worry.

Inform the school.

Let your child's school and teachers know about your child's condition and the new routine.

Make small adjustments.

Once your child is feeling better, you can adjust sleep time slowly to personalize it to your child's needs. If you have chosen 10 p.m. for a bedtime, but feel your child needs more sleep, move bedtime up 15 minutes to 9:45 p.m. for several days. Repeat this process until you find a bedtime that seems to work best.

