

LEARNING TOGETHER



Specialized Services At Your Fingertips

IN THIS ISSUE

REMINDER

Wash your hands for a minimum of 20 seconds with soap

Keep your mask on at work

Use gloves only when needed for personal care

COMMUNITY LIVING
Toronto

- 1 Introduction
- 2 Activities at Home
- 3 What is Sleep Hygiene
- 4 Types of Sleep Problem
- 5 Sleep Assessments
- 6 Positive Bedtime Routine

Introduction

Happy Wednesday everyone and welcome back to the June 18th edition of Learning Together. This week's newsletter will cover a highly requested topic: sleep hygiene. We will cover what sleep hygiene is, common sleep problems, types of sleep assessments, and how to develop and implement a positive bedtime routine. [Click here](#) to register for our sleep hygiene webinar on Tuesday June 23rd at 10:00am.

Activities at Home

Enjoy free instructional dance videos perfect for all ages at [Ophea.net](https://www.ophea.net).

[GoNoodle.com](https://www.gonoodle.com) has tons of amazing movement and mindfulness videos developed by child developmental experts that can be enjoyed anywhere.

Looking to get out of the house for a safe adventure? Now you can with the NEW Toronto Zoo Scenic Safari. Take a tour around the Zoo from the comfort of your own car with your very own Zookeeper commentary! To learn more [click here](#).

Read along with PBS Kids on [YouTube](https://www.youtube.com). Enjoy books read out loud by Barak Obama, Kristen Bell, and more!

What is Sleep Hygiene

Sleep Hygiene is a variety of different habits and routines that allow for quality sleep and alertness during the day. These routines can impact your health and daily living as a good night's sleep is extremely important for cognitive function, productivity and overall mental health.

Sleep Hygiene, also called "Positive Bedtime Routines", can consist of small lifestyle and daily routine changes to aid in staying asleep for longer periods and the overall quality of your sleep.

Here are some examples of things you may choose to include in your positive bedtime routines:

- Consistency is key. Try to go to bed at the same time every night.
- Remove electronics from the bedroom (T.V, phone, video games)
- Get some exercise during the day.
- Make sure your bedroom is a dark, quiet and relaxing space.
- Avoid eating large meals right before bed.
- Limiting daytime naps to no more than 30 minutes.



Types of Sleep Problems

Children with ASD can often have sleep difficulties. Common sleep problems can include prolonged sleep onset, short sleep duration, early rise times and frequent night awakenings (Delemere & Dounavi, 2018). It is important to be knowledgeable about these difficulties in order to best prepare positive bedtime routines and explore treatment options.

The quality of our sleep plays a huge role in our mental health and wellbeing. Poor sleep may exacerbate problem behaviours such as self-injury, aggression, decrease communication skills, affect memory, learning, attention, mood regulation, and increase repetitive behaviours (Delemere & Dounavi, 2018). There are many kinds of sleep assessments available to identify specific sleep problems.

Recommendations for Assessing Sleep Problems

There are several resources used by clinicians to help identify specific sleep problems to provide the most appropriate option for treatment. These assessments include:

- Sleep questionnaires
- Sleep diaries
- Actigraphy.

Sleep Questionnaires: These questionnaires are designed to help identify problems related to sleep, staying asleep, daytime sleepiness, and overall sleep health. Information gathered from these questionnaires provides a good starting point for assessing the sleep problem (Abel, Kim, Kellerman, & Brodhead, 2016). Some questionnaires include; Children's Sleep Habits Questionnaire, Family Inventory of Sleep Habits, and Albany Sleep Problems Scale.

Sleep Diaries: A sleep diary is a parent-report tool to document information on their child's sleeping patterns (e.g., time in bed, sleep onset, night waking, and morning rise time). The purpose of sleep diaries is to assess a child's sleep quality across multiple days which provides patterns on average sleep time, sleep onset latency and variations of sleep across days (Abel, et al., 2016).

Actigraphy: An actigraphy is a small sensor that monitors a child sleep by using accelerometry to provide a minute-by-minute recording. This tool measures a child's sleep and wake patterns (e.g., sleep onset, sleep-offset-, and quality of sleep) [(Abel, et al., 2016)].

References:

Abel, E., Kim, S. Y., Kellerman, A. M., & Brodhead, M. T. (2016). Recommendations for Identifying Sleep Problems and Treatment Resources for Children with Autism Spectrum Disorder. *Behavior analysis in practice, 10*(3), 261-269.

Delemere, E., & Dounavi, K. (2018). Parent-Implemented Bedtime Fading and Positive Routines for Children with Autism Spectrum Disorders. *Journal of autism and developmental disorders, 48*(4), 1002-1019.

Positive Bedtime Routines

Positive bedtime routines consist of a series of preferred calming activities completed prior to bedtime to encourage individual to transition from wakefulness to sleep, also known as sleep onset.

Positive routines attempt to establish appropriate sleep onset by signalling a behavioural chain that ends with the individual being calm.

Check out the guidelines for developing a positive bedtime routine:

1. Routine should be 30-40 minutes in duration and occur prior to bedtime
2. Contains 5-7 activities
3. Include sleep readiness activities such as dressing, washing, and story time
4. The order and timing of activities must be consistent each night
5. Order of activities should move from active to passive
6. Avoid activities which may provoke challenging behaviour
7. Screen time should be avoided
8. Do not extend the routine (e.g., one more turn or one more minute etc.)
9. Select a bedtime at which your child is most likely to sleep and maintain this time

(Delemere & Dounavi, 2018).

HOW TO IMPLEMENT POSITIVE BEDTIME ROUTINES



SELECT A BEDTIME

Consistency is Key. Select the same bed time every night.

DELIVER INSTRUCTION

This will signal the start of the bedtime routine (e.g. it's time to go to bed) 30-40 minutes prior to bedtime.

REINFORCE

Provide positive praise after each activity is completed



SELECT ACTIVITIES

Should contain 5-7 activities

CREATE A VISUAL SCHEDULE

A visual schedule can aid in transitions from one activity to the next.



USE FIRST-THEN INSTRUCTION

To help teach sequence of events

REPEAT

Repeat until routine is completed.



For feedback or questions please email us at: specservicesnewsletter@cltoronto.ca



@CLToronto

cltoronto.ca

Community Living Toronto

20 Spadina Road, Toronto, ON, M5R 2S7 Canada

Phone : 416.968.0650

Charitable registration number : 10769 4143 RR0001

