

what can affect sleep?

- Over stimulation at bedtime
- Low melatonin levels
- diet
- sensory issues
- inappropriate napping
- medical issues
- anxiety issues
- sleep disorders
- lack of routine
- inability to self settle
- discomfort

Sensory strategies

Sensory issues can sometimes be a large factor in sleep issues. Using sensory strategies before bed might help with regulation, you could try...

- applying deep pressure before bed
- sleeping in a sleeping bag
- different types of pyjamas
- making a small space for sleeping
- night light

Tips to improve sleep

only use your
bed for sleep

regular sleep
cycle

keep room
cool & dark

peaceful
environment

reduce screen
time

follow a
routine

cut out
caffiene

exercise

Avoid long lie
ins

