

Healthy sleeping



(pr.nr. 103675)
MARETHA LABUSCHAGNE
ARBEIDSTERAPIE | OCCUPATIONAL THERAPY

T: 021 987 0111 | C: 082 552 6569 | F: 021 987 6599
E: marethalabuschagne@hotmail.com
A: CAPE GATE THERAPY CENTRE, 52 TANNER ROAD



Every disability has a possibility

REG NO: 2014/004798/08

- General problems
- Solutions
- Bedtime routine
- Musts for bed time routine
- Dont's for bed time routine
- Practical bed time routine
- Day time routine



General problems

- Switching of day and night
- Awake every 15 minutes
- Fights against sleep
- Awake early morning
- Wide awake in middle of night



Solutions

- Try to make difference clear between night and day
- Don't change nappies at night unless you have to
- Don't play or talk to the child when feeding him at night
- Keep room dark and play soft music
- Bed time routine very important
- Do not over stimulate before bedtime
- Dark curtains may help, especially for naps during daytime
- Give a toy that they can play with and associate with bed time
- Day naps is very important to combat overtiredness. If they do not want to sleep, give them quiet time to recharge batteries
- Room must not be too hot, bed linen must be comfortable and soft



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Bed time routine

- Children function better when they know what to expect, and they also fall asleep easier
- Must be consistent and look the same each night
- Child must feel comfortable in their sleeping environment



Musts for bed time routine

- Be practical
- Be consistent and predictable
- Keep all activities calm
- Be reasonable – if child is sick you can deviate but do not abandon routine completely
- Give all your attention to the child for that time



Don'ts for bed time routine

- Do not drag routine out to much (45 minutes maximum)
- Do not leave the lights on, rather make use of a night light
- Do not put child in bed with a bottle (it is bad for teeth and ears, and creates a negative sleep association)



Practical bedtime routine

- Warm bath and massage
- Quiet play
- Food/ bottle
- Story time/music
- Sleep time



Day time routine

- Let them wake up in calm environment
- Change nappy and lie down with them a while if possible
- Breakfast
- Dress
- Play/listen to music. Do activities (children usually more willing to participate and susceptible to learning new things in the mornings when they are refreshed)
- Lunch
- Afternoon nap/quiet time
- More quiet activities (DVD, music)
- Start winding down to bedtime



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- Remember...never disturb a sleeping child!! If child's afternoon nap is too long.. wake them up slowly and calmly

