

Sleep Solutions:

Changes to routines brought on by COVID-19 can have huge impacts on youngster's sleep (and therefore your sleep)! Here are some ways to support getting back on track and getting those much-needed Zzzz's!



1. Sleep Schedule

Consistent bedtimes and wake up times support a healthy sleep rhythm and cycle. Maintaining them even though there's not the same rush in the morning will support better sleep!

AGE GROUP	HOURS PER NIGHT
Infants 4 - 12 months old	12 - 16 hours per 24 hour period
Children 1 - 2 years old	11 - 14 hours per 24 hour period
Children 3 - 5 years old	10 - 13 hours per 24 hour period
Children 6 - 12 years old	9 - 12 hours per 24 hour period
Teens 13 - 18 years old	8 - 10 hours per 24 hours

Naps included, according to the American Academy of Pediatrics

2. Nighttime Routines

Routines that progress from high energy/attention activities and gradually move to low energy/calm activities with reduced engagement will support getting to bed and falling asleep more quickly.



3. Bedroom Conditions

Optimal sleep conditions:

- Dim lights and/or light blocking shades
- Cool temperatures in the bedroom
- Noise machines or fans to drown out sound
- Preferred toys away/out of sight in bedrooms



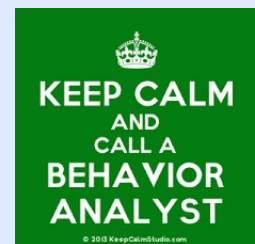
4. Sleep Dependency

Comforting or transferable items that will help your child sleep, instead of **you** will limit wake ups throughout the night (for example, a special blanket or stuffed animal saved for bedtime only).



5. Bedtime Behaviors

Talk to your Behavior Consultant to monitor sleep patterns and determine what is causing your child's sleep disruption. They can help you create a more individualized plan that works for your family.



- Gregory Hanley (2015), *Understanding and Treating Sleep Problems of Children*, Retrieved from http://babat.org/wp-content/uploads/2015/06/Sleep-GH_BABAT-10_15-2.pdf
- Jin, Hanley and Beaulieu (2013). *An Individual and Comprehensive Approach to Treat Sleep Problems in Young Children*. *Journal of Applied Behavior Analysis*. (9999), 1-20