

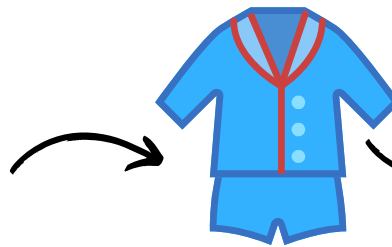
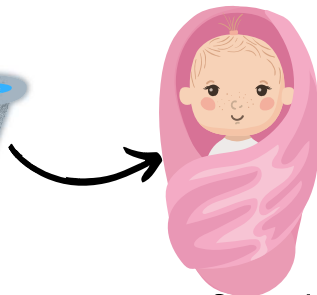
SENSORY STRATEGIES FOR... SLEEPING

Prior to bed time

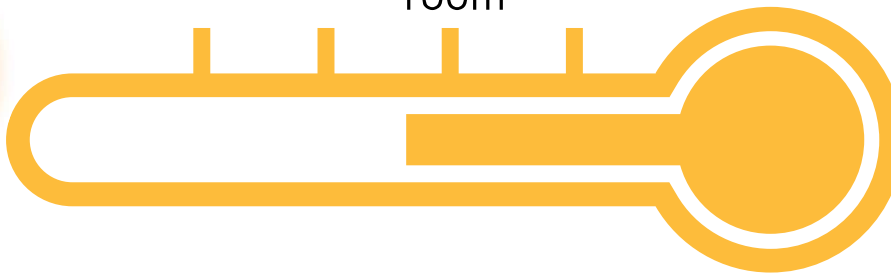
- Do some heavy activities such as running up a set of stairs, pulling/pushing a washing basket full of wet washing or carrying something heavy i.e. books



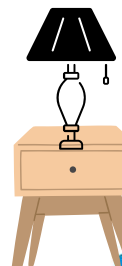
- Have a good bedtime routine in place. E.g bath/shower, deep massage with towel, into PJs, read a story, rock gently (if they like this) and then comfy in bed



- Have a comfortable temperature in the bedroom

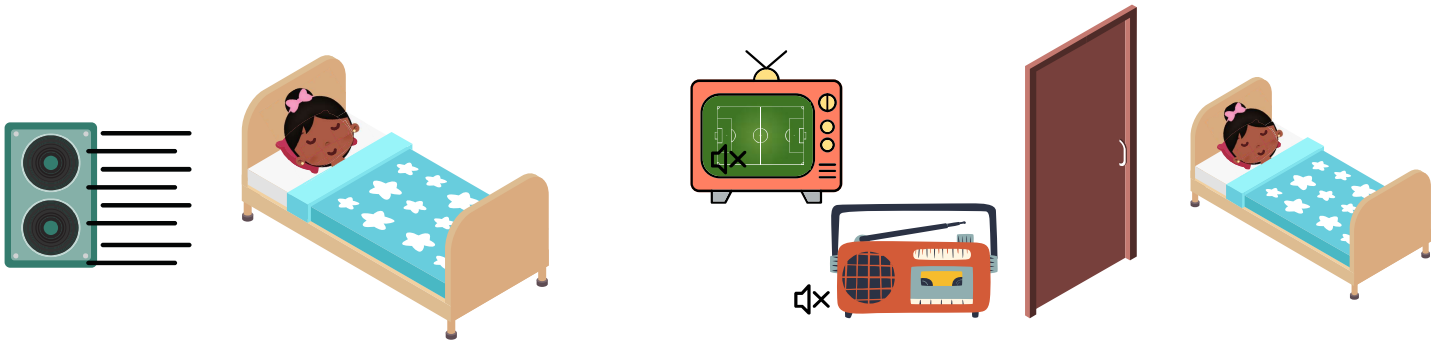


- Try to make the room as bright or dark as needed

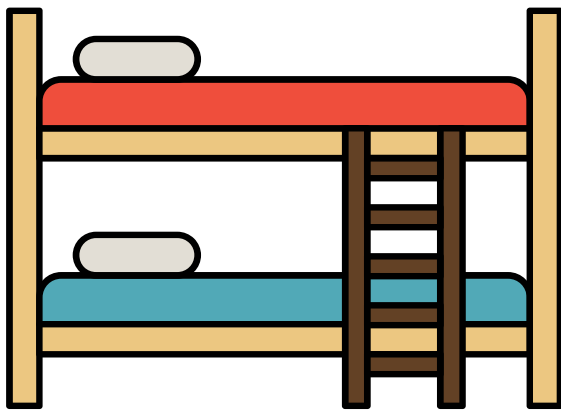


Whilst sleeping

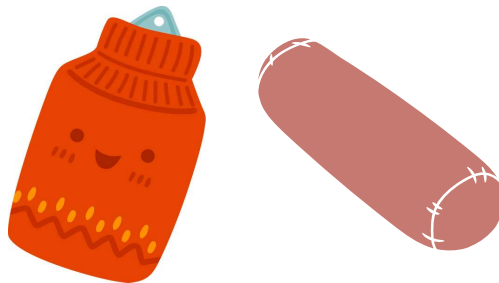
-Could offer some quiet noise such as white noise or relaxing music, if the child is making noise to self soothing



-Some children may like to be enclosed so either sleeping on the bottom bunk or having a tent over their bed



-Some children may miss parents presence so you could add a warm hot water bottle and a body pillow to hug into



-Your child may like some heavy weight whilst in bed but this should be monitored and they shouldn't sleep with it

