

# Bedtime Routine Tip Sheet

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## Common Issues:

- Difficulty falling asleep
- Difficulty staying asleep
- Challenging behaviour during bedtime routines

## Medical/ Biological factors:

Making a medical appointment to discuss your child's sleep issues is an important first step. If there are any medical or biological issues underlying the sleep behaviours, these should be targeted before attempting to establish a new bedtime routine.

## Building a better bedtime routine- What does your child need?

- Medical consent that rules out any medical or biological factors
- A predictable and consistent bedtime routine  
E.g., same time every night
- Familiarity with his or her sleeping environment
- A group of relaxing activities to choose from for before bedtime

Bedtime issues vary across individuals. If establishing a bedtime routine is a goal for your child or youth, notify your Family Support Worker or a member of your OAP team.

Community Living Toronto. "Bedtime Routines." Retrieved from:

<https://connectability.ca/2011/10/04/bedtime-routines/>

Geneva Centre for Autism. "Sleep/Quiet Time Tip Sheet." Retrieved from:

<https://connectability.ca/2011/03/22/sleepquiet-time-tip-sheet/>

Wirth, K. (2014). *How to get your child to go to sleep and stay sleep: A practical guide for parents to sleep train young children*. Victoria (BC): Friesen Press.