



5 Tips for Bedtime and Better Sleep

YOUTUBE FREEBIE

If your child struggles to fall asleep or stay asleep (or both!), use these strategies to help!

1 MORE SENSORY INPUT + SENSORY DIET

First, make sure you're meeting your child's sensory needs throughout the day. Next, create a bedtime sensory diet that includes calming strategies such as:

- Dim lights and calm music
- Massage or a bath
- Slow animal walks and heavy work
- A weighted blanket or compression sheet

2 CREATE A CALM BEDROOM SPACE

Make sure the bedroom is calm, dark, and free of distractions.

- Black out curtains
- Toys put away - out of sight, out of mind!
- Red night light
- Bedding that is comfortable

3 TAKE A LOOK AT NUTRITION

Is your child getting enough food and water during the day?

What types of food are they eating that might be affecting sleep (i.e. sugar)?

Are certain medications affecting sleep quality?

4 TRY A BEDTIME PASS

Create a bedtime pass that your child can use to get out of bed.

Set them up for success at first, then work to decrease the number of passes they have each night.

5 STICK TO THE SCRIPT

Avoid drawing out bedtime.

Keep it short and sweet, but stay consistent no matter what!



BONUS Ideas!

1 GET OUTSIDE

Try getting outside first thing in the morning for 10-15 minutes of morning sunlight, as well as in the evening as the sun is setting to get 10-15 minutes of evening light.

2 LIMIT SCREENS

Decrease screen time 2-3 hours before bed. This includes TV, tablets, phones, etc.

Try reading books, playing board or card games, creating obstacle courses, or coloring instead.

If you do have screens on before bed, invest in quality blue-light blocking glasses.

3 LOOK AT SUPPLEMENTS

Talk with your pediatrician about adding in natural supplements, like magnesium, to the bedtime routine.

Want more help?!

[CHECK OUT OUR FULL LENGTH SENSORY DIET DIGITAL COURSE](#)

Harkla's Sensory Diet Digital Course is your go-to source for creating a personalized sensory diet.

The creators, Rachel Harrington and Jessica Hill (both Certified Occupational Therapy Assistants), teach you the in's and out's of:

- Sensory Processing and challenges that can occur
- How to identify sensory preferences and sensory needs
- Setting up and modifying a personalized sensory diet for specific situations (like bedtime!)

Visit: harkla.co/products/sensory-diet-course