

Understanding and Managing Sleep Difficulties

Presented by: Dr Carrie Stewart

Bournville Village Primary School, Thursday 6th May

With content from Triple P (Positive Parenting Programme)



Welcome

- House-keeping
- Introductions

Definitions and Prevalence

Important distinction:

- Clinical sleep disorders
- Sleep difficulties.

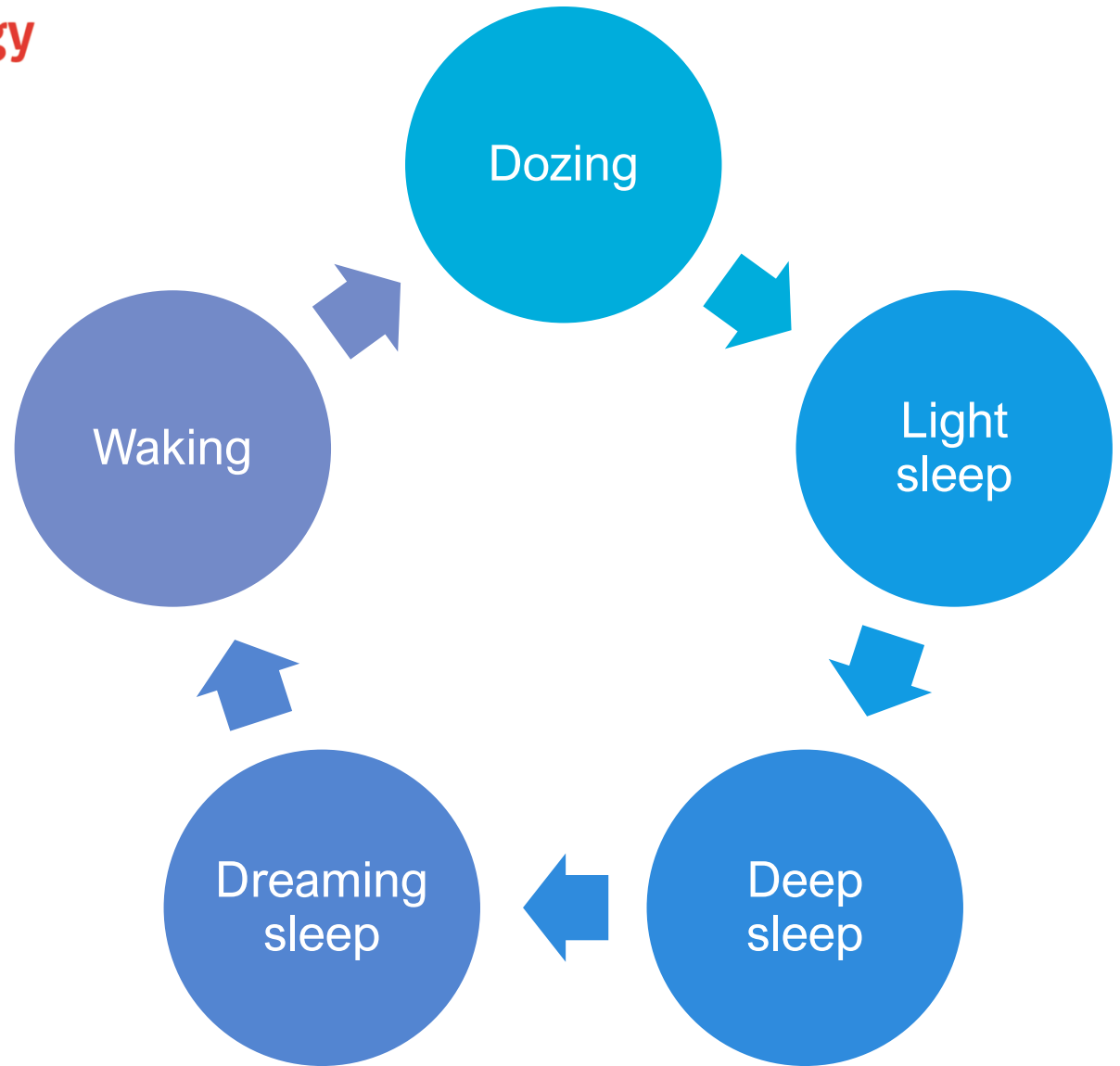
In a typical classroom of 30 pupils, between **three and 12** children experience problems with their sleep

What is typical or atypical sleep may be individual to your family, and your children.

Sleep Patterns and Different Ages



Sleep Cycles



How Much?



12-16 hours



11-14 hours



10-13 hours



9-12 hours

Common Bedtime Problems

Falling Asleep

- Going slowly
- Protesting and refusing to go to bed
- Tantrums
- Crying in bed
- Getting out of bed
- Refusing to sleep in their own bed

Staying Asleep

- Waking up in the night
- Nightmares and night terrors
- Getting out of bed
- Playing at night

Why Do Problems Occur?

- Stress and anxiety- global pandemic anyone?
- Changes at home or routine.
- Learnt patterns of behaviour from infancy.
- Possible illness.
- Fear of missing out!
- Your kids are pretty intelligent and they love you....

First Step to Change; Sleep Diaries




MY SLEEP PRESCRIPTION

Bed Time: _____

Rise Time: _____

DAY OF THE WEEK							
DATE							
Q1 What time did you go to bed?							
Q2 What time did you try to go to sleep?							
Q3 What time did you fall asleep?							
Q4 How many times did you wake up during the night?							
Q5 In total, how long did these awakenings last (minutes)?							
Q6 What time was your final awakening?							
Q7 What time did you get out of bed to start your day?							
Q8 Note anything that interfered with your sleep							



End of week calculations
Easy calculations at mysleepwell.ca/calculator

My sleep duration (typical night): _____ My sleep efficiency (typical night): _____

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We Are Absolutely In Control!



As parents, sleep and bedtime can feel like an absolute hellish battle!

- We're tired, our children are tired, there's crying and screaming and it can be awful.
- It is important to look after yourself, and go into this with a positive attitude.
- You are in control, this can be changed, and you can do it!
- It will take a while to make changes- habits don't form overnight and won't change in a night either.

Creating a Sleep Diary

What time did the bed-time ritual begin.

What did they eat for tea and before bed?

What did they drink and how much?

What parts of the bedtime routine were followed?

How many times did they get out of bed?

What time did they fall asleep?

How many times did they wake up during the night?

How long were they awake for each time?

What time did they wake up and how?

Any nightmares or terrors?

Any naps during the day?

How did they feel when they woke up?

Good Sleep Habits Checklist

- Set a clear bedtime routine.
- A regular bedtime and a regular time to awaken.
- Eliminate all foods and drinks that contain caffeine 6 hours before bedtime.
- Eat a balanced diet, limiting fat.
- No exercise or vigorous activities in the hours before bedtime
- Do include a weekly program of exercise during the day.
- Restrict activities in bed to those that help induce sleep
- Reduce noise in the bedroom
- Reduce light in the bedroom
- Avoid extreme temperature changes in the bedroom (i.e., too hot or too cold).
- No use of electronic devices in the bedroom, or in the two hours before bed.

Take a Moment to Focus on What's Working



8 Tip to Help Sleep Better Tonight

- Drinking Warm Milk
- Bedtime
- Relax music
- Turn off The light
- Don't Drink Coffee
- Temperatures Cool
- Composed
- Close Your Phone





Preventing Problems and Setting Up for Success

Create a **clear bedtime routine**, with some elements chosen by your children.

This should be clearly displayed in the home.

My Bedtime Routine

	Take a bath	<input type="checkbox"/>
	Put on pj's	<input type="checkbox"/>
	Brush teeth	<input type="checkbox"/>
	Read a book	<input type="checkbox"/>
	Go to bed	<input type="checkbox"/>

Preventing Problems and Setting Up for Success

Make sure the **bedroom** has been **set up for sleep**.

‘**Sleep in your child’s bed**’ what do you notice?



Preventing Problems and Setting Up for Success

Following completing the sleep diary, work out a **realistic sleep-wake schedule.**

Allow for a little flexibility of a hour on weekends or holidays, but otherwise, stick to this schedule.



Falling Asleep



Different Strategies to Use

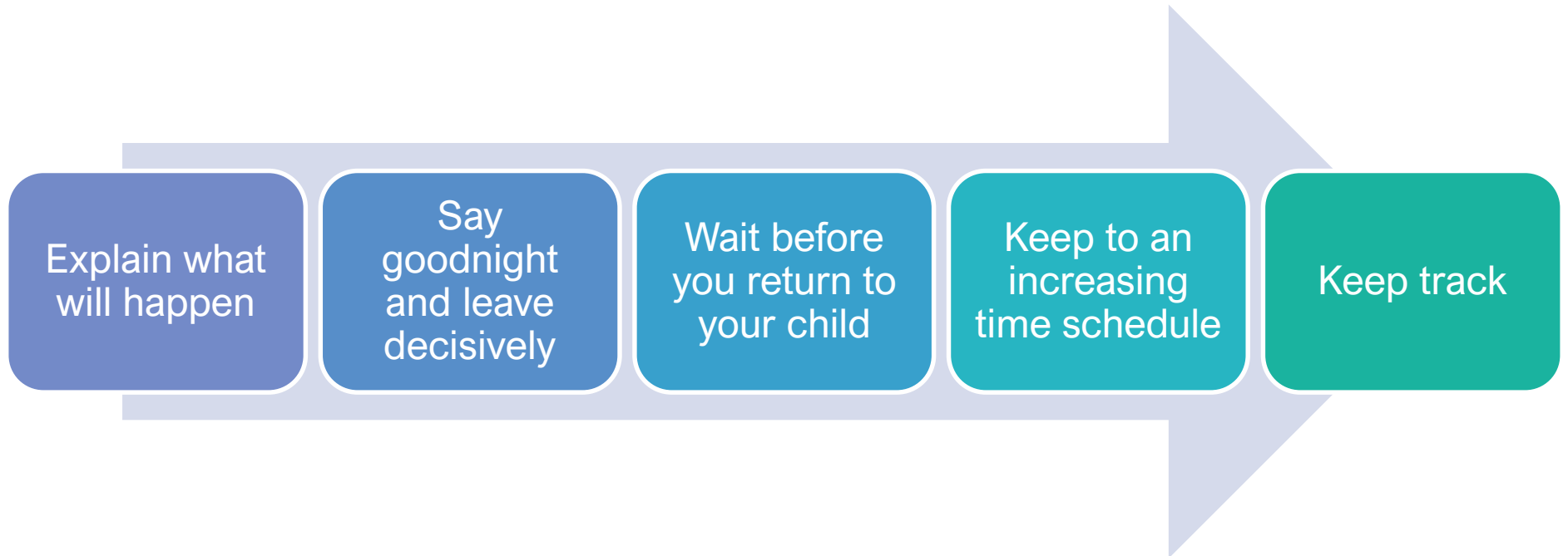
1. Direct Approach
2. Gradual Approach
3. Gentle Approach
4. Gradual Fading



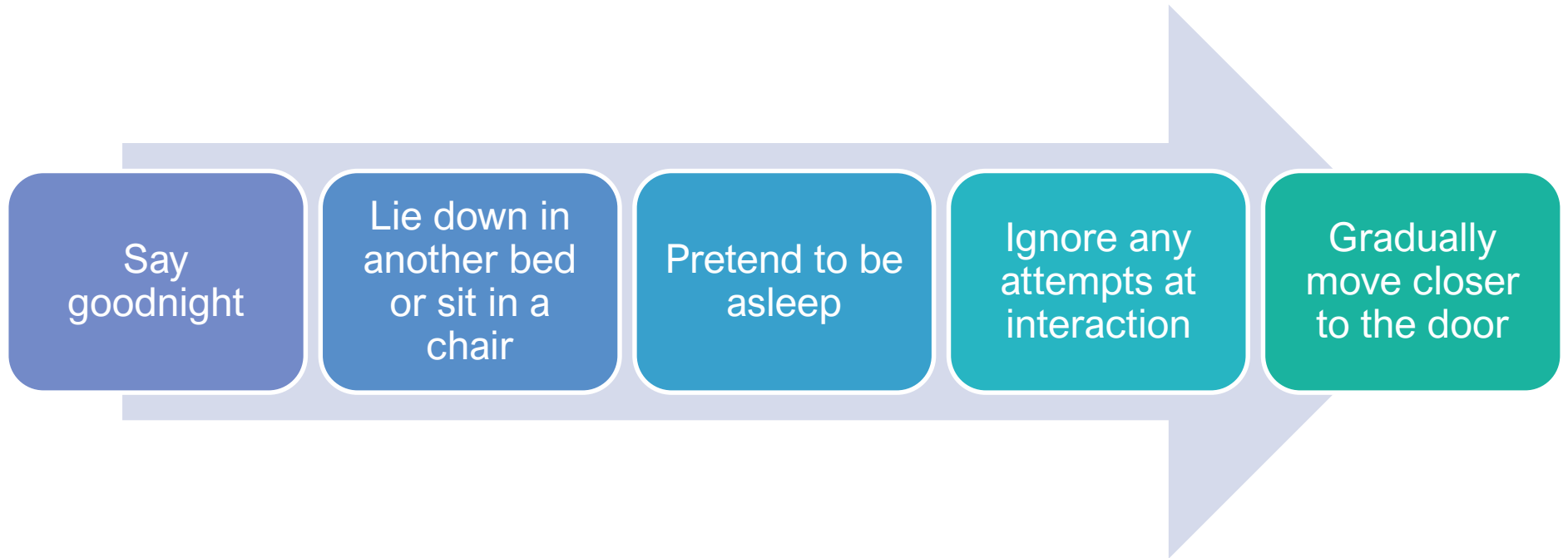
1. Direct Approach



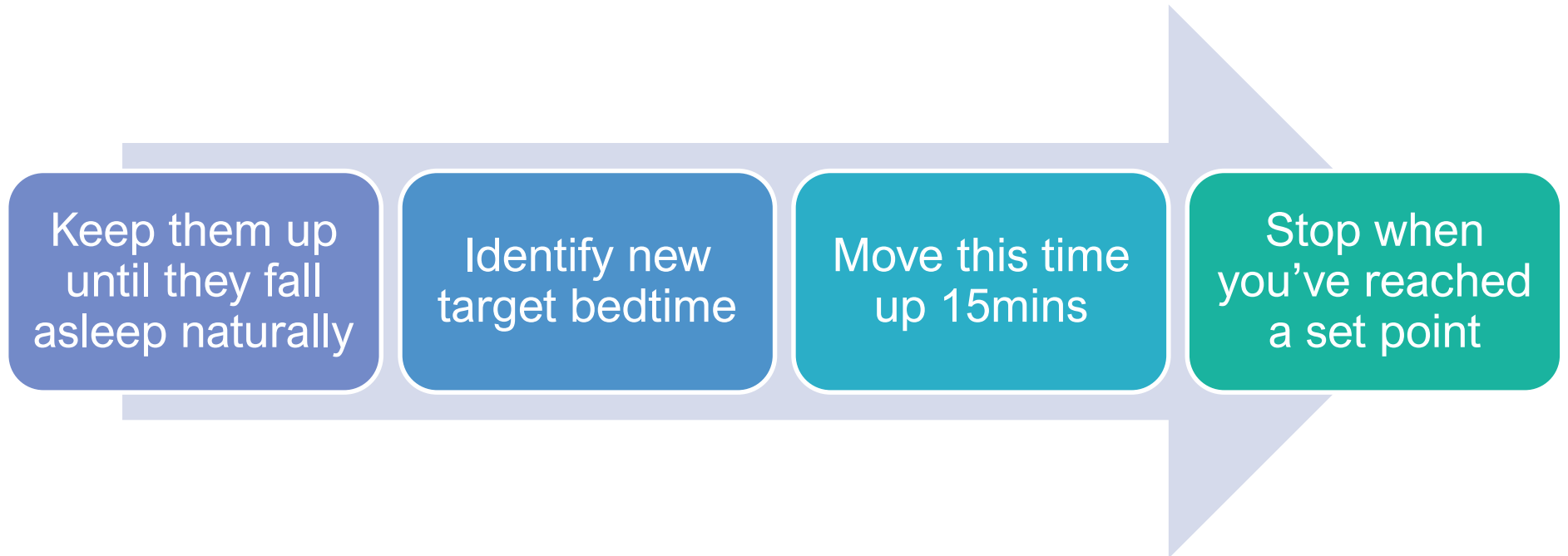
2. Gradual Approach



3. Gentle Approach



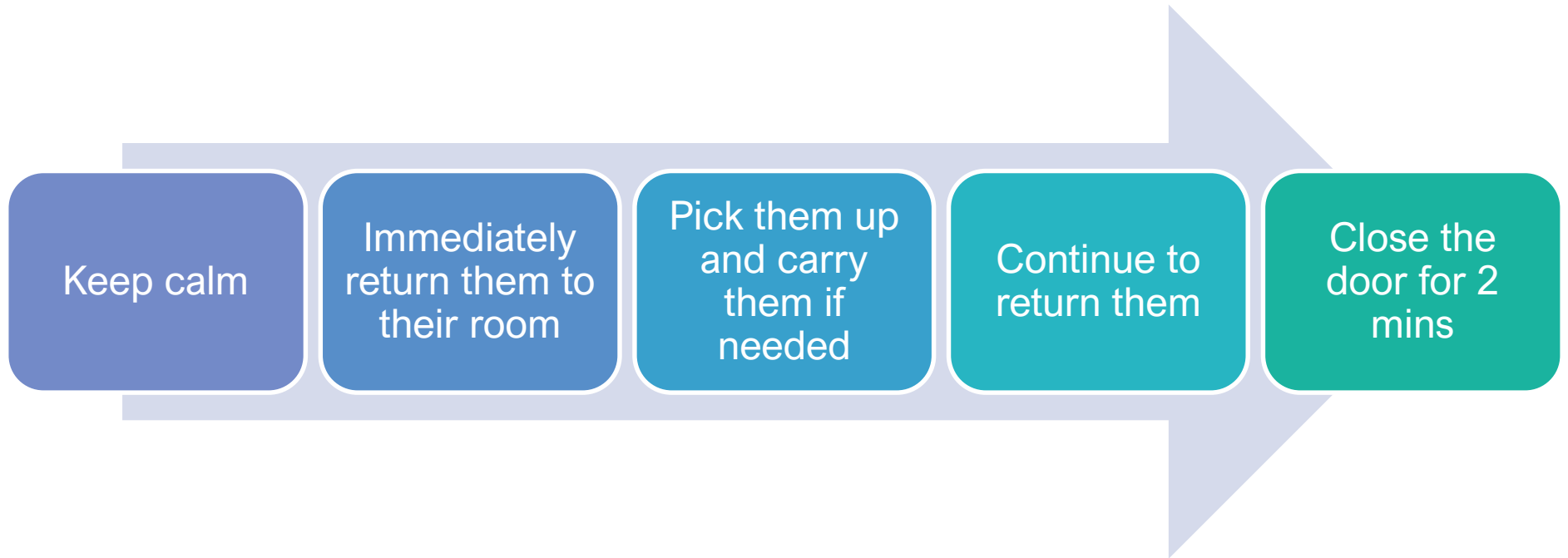
4. Gradual Fading



Staying Asleep



Returning to Bed



Different Strategies to Use

1. Direct Approach
2. Gradual Approach



Nightmares and Sleep Terrors

Nightmares

- Using 'magic'
- Relaxation techniques
- Setting up the room for 'protection'

Sleep Terrors

- Sleeping longer
- Scheduled awakening

'How to Dream'

1. Never run away from anything in a dream



2. Always fix the ending and put yourself back in control

Bed-wetting or Nocturnal Enuresis



Further Concerns

If you have been consistent with bedtime changes over a period of weeks and at least a month (6 weeks consistently), and still having difficulties, speak to your GP.

They may:

- Prescribe melatonin
- Order a sleep study
- Run tests for additional diagnoses

Further Resources I

General Websites:

- <https://thesleepcharity.org.uk/information-support/children/>
- <https://www.gosh.nhs.uk/conditions-and-treatments/procedures-and-treatments/sleep-hygiene-children/>

Book Recommendations:

Sleep Better! A Guide to Improving Sleep for Children with Special Needs,
Revised Edition by V.M. Durand (2013).

Further Resources II

- Sleep trainer clocks
- Wet alarms
- Black-out curtains and blinds
- Natural light alarms
- Vibrating alarms



