

Basic Steps to Better Sleep

Common Sleep Problems

1. Night-time routine noncompliance
2. Behaviors that interfere with sleep
3. Delay of falling asleep
4. Waking during night
5. Waking too early

Basic Sleep Protocol

1. Establish a sleep/wake time appropriate for your child. (*See Age-based Sleep chart)
 - a. Current time child falls asleep: _____
 - b. Add one hour: _____ *Put your child to sleep at this time on the first night of sleep training*
 - c. How many hours of sleep is does child need based on their age: _____
 - d. Add this # of hours to the time you put your child to sleep to get the time your child should wake the next morning: _____
Do not yet your child sleep beyond this time on the first morning
 - e. Gradually move up bedtime 15-30 minutes each night until you reach your goal
 - f. What time do you want your child to wake up every day: _____
This dictates the goal 'go to bed' time: _____
2. Develop a night-time routine that is conducive to sleep and try to implement it consistency every night.
 - a. Start with more active activities earlier in the routine and end with less active
 - b. Give baths earlier in routine
 - c. Dim lights as routine progresses
 - d. Give light snacks with no caffeine
 - e. Bedroom should:
 - Be of cooler temperature
 - Have no direct lighting (may use indirect light)
 - No excessive noise - consider sound machine
 - Preferred activities and toys are not visible

Areas you can improve your nighttime routine/bedroom environment:

3. Sleep Dependencies - List items/people/sensory stimuli that are present when your child falls asleep.

Examples: bottle, music, dad/mom cuddles, light on, stuffed animal, etc.

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Children wake often throughout the night. If the above items are in place when your child goes to sleep, but not when the child wakes in the middle of the night, it will be more difficult for your child to fall back asleep

- a. Optimize these sleep dependencies by using ones that:
 - Don't require your presence
 - Can be there in the middle of the night
 - Are transportable
- b. Fade or eliminate any sleep dependencies that are troublesome - list how you can do this successfully

4. Curb night-time noncompliance.

Examples: Not following instructions, resisting getting into bed, brushing teeth, or putting on PJs

- a. Start sleep routine 30 minutes earlier
- b. Promote instruction following during the day
- c. Use highly preferred activities/items as reward for compliance to routine - with no access to these items allowed for noncompliance

5. Address behaviors interfering with good sleep.

Examples: leaving bed, calling for parents, playing in bed/bedroom, asking for snacks

- a. Identify any behaviors interfering with your child's sleep
- b. Identify what your child is likely getting out of it
(example: calling for mom → leads to extra cuddles from mom)
- c. Provide these presumed reinforcers prior to saying goodnight to your child
- d. After you say goodnight, eliminate access to these reinforcers
There are many ways to do this, including:
 - Simply cut it out completely
 - Provide a 'bedtime pass' where your child gets several passes to use each week and once they are all used up, they no longer can access these reinforcers after bedtime

**For more help with sleep, more severe sleep concerns (bed-wetting, nightmares, night terrors), or lack of progress with basic strategies, seek out an individualized sleep assessment.*

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Age-Based Sleep Averages

Age	Total Sleep	Night Sleep	# of Naps
1	11 hrs 45 min	9 hours 15 min	1 or 2 (2.5hrs)
2	11 hrs 30 min	9.5 hours	1 (2hrs)
3	11 hrs 15 min	10 hours	1 (1hr15min)
4	11 hrs	10-11 hours	0-1
5	10 hrs 45 min		
6	10 hrs 30 min		
9	10 hrs		
12	9 hrs 45 min		
15	9 hrs 15 min		
18	9 hrs		

Dr. Gregory Hanley, 2014

Adapted from: Solve Your Child's Sleep Problems, Richard Ferber, Simon & Schuster, 2006