

SLEEP SUGGESTIONS

- Vestibular movement in the **early evening** – physio ball/trampoline/space hopper
- Proprioceptive (activity that works the muscles and joints) input in the evening and directly before bed
- Deep pressure massage, joint compressions, wrap up tightly in a towel after bath, Wrap and roll exercise
- Tight pyjamas that provide extra sensory feedback
- Tightly tucked in sheets (use a double sheet)
- Lycra sheet for additional sensory input
- Weighted blanket (follow product safety advice)
- Large body pillow or additional pillows down the side of the bed for additional sensory feedback
- Futon mattress, as this provides a safe, but harder surface
- Sleeping bag
- Different textured sheets depending on your child's preference for rough or smooth textures
- Neck pillow (like a soft travel pillow) or a hat
- White noise app or radio on low, ensure to keep it on all night
- Gentle rhythmical linear (back and forth) swinging before bed
- Rocking chair
- Hammock as long as it is low enough to the floor and they are able to get in and out independently and safely (adhere to any safety recommendations)
- Black out blind
- Eye mask
- Sound proofing
- Cerebra sleep service





Sensory recommendations for school and home that can help facilitate sleep

- Wobble cushion – during seated activities and mealtimes. Fiddle toy – during seated activities at school, when they need to listen, and in the car
- Weighted lap pad – for use during seated activities at school, car journeys and at mealtimes
- Bear hug vest (20-30 minutes on, 30 minutes or longer off depending on when they appear to need it again)
- Ear defenders
- Sensory hug shirt – this can be worn under clothing at school and home
- Weighted cap – this provides proprioceptive input to the head
- Sensory den – this allows a quiet space to gain time out when they are becoming overwhelmed by sensory stimuli, and will help to either avoid or assist calming down after a meltdown
- Frequent movement breaks to help regulate their sensory systems throughout the day. This will have a positive impact on their concentration, behaviour and sleep patterns.

My notes: