

## Sleep Programme (for primary school age)

Name of Child		Date	
Practitioner		To be reviewed on:	
<p>To support the regulation of your child's internal body clock it's good to look at their daytime routine as well as their night-time routine. Our body clock takes its cues from light, which helps the body to produce the daytime hormone cortisol. Exposure to natural daylight first thing in the morning sets your body clock, which sets the sleep wake cycle. Research has shown that exposure to morning light before or soon after 8am, helps you go to sleep (at night).</p> <p>We need darkness to help the body produce the night- time hormone melatonin. So, dimming lights and closing curtains and creating a calm atmosphere is important.</p> <p>Hunger cues, our eating pattern and what we eat are also important, as our body clock is also regulated by appetite/hunger and regular meal- times.</p>			
<p><b>Engaging in an energetic activity:</b> Physical exertion improves sleep quality; it has been found that just half an hour of high intensity physical exertion each day can be as effective as melatonin medication for aiding sleep onset in children. xxx is constantly on the go, overactive behaviour is often the result of lack of sleep. It can also be due to the child's need for sensory input/regulation. The activities below would support this need and may make it easier for your child to respond and benefit from the relaxation activities/techniques suggested.</p> <p>Proprioception Activities involve:</p> <ul style="list-style-type: none"> <li>• Pulling</li> <li>• Pushing</li> <li>• Jumping</li> </ul> <p>Here are some activities:</p> <ul style="list-style-type: none"> <li>• Trampolining</li> <li>• Bunny hops</li> <li>• Wheelbarrow walking.</li> <li>• Falling into a bean bag</li> <li>• A physio or gym ball is a great way to offer fun and sensory input, you can sit and bounce on them, or lay across them on your tummy and rock, pushing off from the floor using your hands and then your feet.</li> </ul> <p>Vestibular Activities Involves:</p> <ul style="list-style-type: none"> <li>• Swinging</li> <li>• Rocking</li> <li>• Spinning</li> </ul> <p>Here are some activities:</p>			

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- Dancing (wiggling, spin, sway, twirl or shake)
- Swing on a swing or hammock.
- Jumping over obstacles.
- Slides  
Using a scooter or bike.

Daytime exercise can make it easier to fall asleep and children who exercise tend to have a deeper sleep. It is important however that this does not happen too near to bedtime.

**Teatime:** this is a good meal to include foods containing tryptophan (sleep foods) as the body converts this into melatonin.

Everything that happens from now until settling your child to bed is aimed at helping them to relax and prepare for sleep. Assisting, to shift their body and mind closer to sleep mode.

**Bath time:** If having one

**Getting dressed:** Getting dressed/ready for bed is an important part of the routine and bedtime message. The following are strategies that support the body to relax.

- Hot towel hug (this works by increasing the body temperature then decreasing it, it is the decreasing in the body temperature that leads them to feel sleepy)
- Deep tissue massage, arms and hands, legs, and feet,
- Putting on warm PJs.

**Calm time:** engaging in an activity that involves fine motor skills and hand eye coordination before going to bed supports the natural production of melatonin.

- Small figures
- Lego
- Posting games.
- Crafting
- Colouring
- playdough
- Sensory toys such as Poppets.

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Ideally this time needs to happen in the lounge. More ideas for activities are in the information pack.

**Settle into bed:** have the bedroom ready, curtains closed, etc. a nice warm bed and cool room is best, it is important that getting into bed feels special, safe, and comfortable, making these last few minutes calm and enjoyable for your child.

From now on be quite robotic, giving minimal eye contact and little communication.

**Sleep Cycle:** throughout the night we have sleep cycles which last for roughly 90 minutes. It should take children about ten to fifteen minutes to fall into a deep sleep. The lightest sleep is at the end of the cycle, when most children will resettle and not wake fully, but for children who have needed supports in place to get to sleep, they become aware in their lighter sleep that the support is no longer there and wake fully, so supports need to be in place all night.

### Things to think about:

NANSA Sleep programmes are individually devised addressing a behavioural and cognitive approach to sleep management, tailored to meet the individual needs of the child and family.

Melatonin is the hormone that we naturally produce that helps us to sleep, for some children their levels of this hormone are reduced. The routine and activities suggested in this sleep programme are known to encourage and increase the production of melatonin.

Investing in the calm time is key to preparing the body for a good night sleep. Providing a special night-time box with items in for this time is often helpful. It gives a clear prompt that it is part of the night-time routine and provides nice calm activities at the end of the day to enjoy a one-to-one or family time with. Avoid anything that may cause excitement or frustration.

The following all help to increase the natural production of the sleep hormone melatonin.

- Limiting screen activities including TV an hour before bed.
- Dimming the lights in the hour leading up to bed.
- Replacing light bulbs with sleepy ones (red).
- A calm time involving fine motor skill activities just before bed.
- Foods containing tryptophan, (you can find a list of these in the information pack)
- Giving a warm bath (if appropriate) before bedtime.
- Hug in warm towel, arms, leg and feet massage and warm PJs

Keep the bedtime routine clear and simple and avoid giving choices.

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For his/her age they should be getting around xxx hours sleep a night. Ideally it should take between 15 and 20 minutes to fall asleep. Sleep helps your child grow and stay healthy, whilst asleep growth hormones are released, the brain processes information from the day and the immune system works hard. During sleep our body repairs itself physically and mentally. Children who are sleep deprived are more likely to display hyperactive behaviours, be more challenging and struggle to manage emotions.

*"In the event that other problems and conditions suffered by clients during the period of sleep therapy provided by Nansa, clients are advised to take treatment, counselling or therapy from professionals in the appropriate disciplines. Nansa practitioners are responsible for sleep management issues only, and clients by their subscription of this form acknowledge and accept this"*