

Sleep

A good night sleep makes a great difference to every one. These are some sensory strategies that may help your child. There is no right or wrong way to perform them. Whatever works for your child is the right one.

Proprioception(deep pressure)

- Massage or joint compression prior to sleep
- Provide weighted blankets
- Provide body pillows, sleeping bag
- Have your child wear tight PJs
- Squish child with physio ball, upper back to feet and back again
- Tuck the cover sheet under the mattress to make the bed very tight
- Provide predictable back rub and bear hugs
- Let the child sleep in a hammock

Vestibular

- Place mattress on the floor if child is afraid of heights
- Prop up the child on pillows if it is difficult for them to change the orientation of the head

Tactile

- Provide PJs whose texture is tolerable to the child
- Provide soft pillow case, sheets/blankets, flannel or high-count cotton
- Check for seams/ensure that elastics are covered with soft material
- Provide a soft toy to cuddle
- Experience with different type of pajamas; tight, stretchy, loose, silky, cotton

Vision

- Provide neutral colours on the walls
- Use black out curtains
- Provide a night light with defused light that won't cast shadows
- Provide a tent over the bed

Auditory

- Use a white noise machine to block out competing night sounds. You may employ an air purifier for white noise.
- Play a tape of mum or dad's singing voice
- Plays the child's favourite music that is slow and rhythmic
- Close the windows
- Read book in a quiet voice

Smell

- Provide a pillow with mom or dad's scent
- Provide familiar smells in the room

Other strategies

- Maintain a predictable routine to bed(e.g. bath, brushing teeth, story, bed
- Keep consistent items close to the child as they fall sleep, so they can find it easily if they wake up during the night and look for them
- Keep the room clear of clutter
- Avoid over stimulating activities prior to bed
- Maintain a visual schedule
- Tell social stories about bedtime.

All information has been taken from " Building Bridges through sensory integration by Ellen Yack, Paula Aquilla & Shirley Sutton