

TIP SHEET: Improving Sleep

General strategies for putting your child to bed that will help improve sleep:

- **Establish a set bedtime routine**
 - Routine should begin 30-60 minutes prior to bedtime
 - Activities should occur every day and in the same order
 - Use a visual schedule of the bedtime routine if needed
 - Include calming activities (e.g., bath, reading, listening to calm music, etc.)
- **Set a regular bedtime and wake up time**
- **Associate the bedroom with sleeping**
 - The bedroom should be quiet, dark, a comfortable temperature, and as free of distraction as possible
 - Do not allow your child to eat, do homework, or play in their bed (your child should understand that their bed is meant for sleeping)
- **Ensure your child gets physical exercise every day**
 - Exercise should occur 4-6 hours before bedtime (if it is too close to bedtime, your child may become more alert)
- **Reduce caffeine and sugar consumption (i.e., pop)**



Note: This resource is provided for informational purposes only and is not a substitute for professional advice, diagnosis, or treatment from a qualified ABA clinician.