

The Good Sleep Habits Checklist

from Mark Durand's Sleep Better! book

- ✓ Establish a bedtime routine (although consider having some variation for your child with ASD to prevent your child becoming too rigid about your routine)
- ✓ Develop a regular bedtime and a regular time to awaken.
- ✓ Eliminate all caffeine at least 6 hours before bedtime.
- ✓ Try giving a glass of milk before bedtime.
- ✓ Have your child eat a well-balanced diet, limiting fat.
- ✓ Don't let your child participate in vigorous activities in the hours before bedtime.
- ✓ Have your child engage in vigorous activities about 4 to 6 hours prior to bedtime – the activities should get your child's heart going for at least 20 minutes.
- ✓ Restrict activities in the bed to those that induce sleep.
- ✓ Reduce noise in the bedroom*.
- ✓ Reduce light in the bedroom*.
- ✓ Avoid extreme temperature changes in the bedroom (too hot or too cold)*.

**Mark Durand suggests sleeping in your child's room for at least an hour to find out if there are noises from other parts of the house or outside and/or lights and/or temperature and/or other things that may be preventing your child from falling asleep and staying asleep.*