

“Sleep is the single most effective thing we can do to reset our brain and body health each day”

Dr. Matthew Walker

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Healthy Sleep Solutions

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Today's Plan

- About Us
- Breakdown of Sleep
- A-B-C Framework
- Common Sleep Problems
- Common Sleep Treatments
- Case Studies
- Taking Care of Yourself



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Why tackle sleep

- Lack of sleep is common!
- Foundation of Health
- **Side Effects of Sleep Deprivation**
 - Irritability
 - Memory and Learning
 - Immune System
 - Attention
 - And more.....



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Sleep and Autism

- Barriers:
 - Skill deficit
 - Physiological component
 - Interfering behaviors

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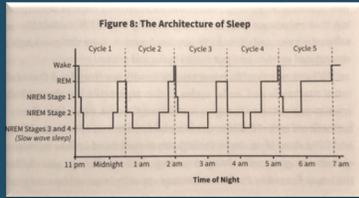
What is the length of Healthy Sleep?

Age	Total Duration	Including Naps
4-12 months	12-16 hours	Yes
1-2 years	11-14 hours	Yes
3-5 years	10-13 hours	Yes
6-12 years	9 - 12 hour	No
13-18 years	8-10 hours	No
18+	7-9 hours	No

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SLEEP ARCHITECTURE

- 5 cycles, 90 minutes each
- We need all stages to achieve health sleep!



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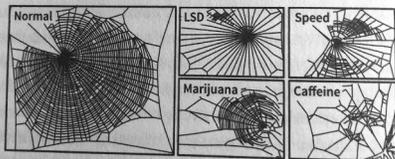
SLEEP PRESSURE

- Sleep pressure works in tandem with body clock.

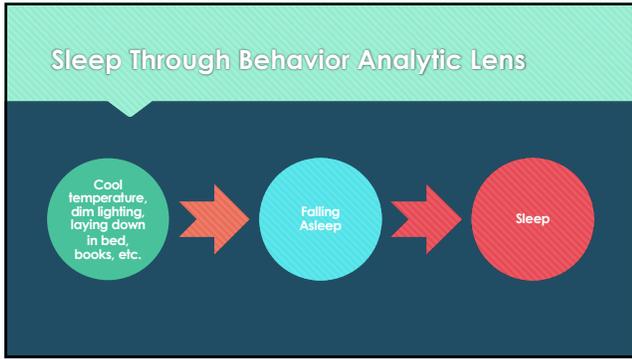


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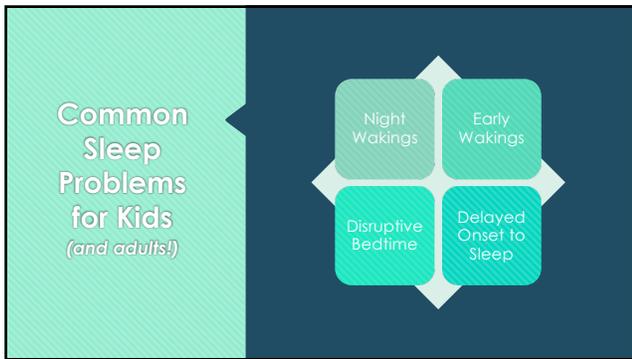
Figure 3: Effects of Various Drugs on Spider Web Building



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It's never just one....

- Rule out Medical
- Assess for the problems
- Create a plan of attack to address each
- Be prepared for anything....

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Solving Sleep Struggles



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#1: The Case of the Sporadic Sleeper

Increase Overall Sleep Duration

Address Night Wakings

Decrease time to fall asleep

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Treatment Plan

- o Created an individualized bedtime routine to optimize healthy sleep.
- o Use of Sleep restriction to help with consolidated sleep.
- o Faded bedtime first night.
- o Plan for night wakings
- o Supported daycare with nap strategies.



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2: The One with the New Toddler Bed

Introduce to new Bed

Distance Fading

Bedtime Routine

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#3: Tackling Teen Sleep Struggles

Decrease Night Wakings

Increase overall duration

Develop Healthy Sleep Routines

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Treatment Plan



- Adjust Daily routine
- Changes to the bedroom
- Plan for what to do if woke up in the middle of the night
- Bedtime Fading and consistent wake times

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Sleep and Medication

- Medication Risks
- Sedated Sleep vs. Healthy sleep
- Melatonin

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Setting up our Days to Support Healthy Sleep



24+ hours body clock

Physical Activity

Eating Routines

Light

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Top 3 Changes to Make Today!

- Consistent Sleep and Wake Times
- Light in AM and PM
- Meal Times

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Healthy Sleep Solutions

Thank you for coming!

Our Services are 100% remote and provide sleep support for ages 2+ .

We also provide mentorship for BCBA and BCBA's in developing competency in sleep.

If you would like to learn more please follow us on Instagram or send us an e-mail.

Contact Information

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- Instagram: [@healthysleepsolutions](https://www.instagram.com/healthysleepsolutions/)



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