

Action Plan

1. Choose the main aspect of sleep for which you would like to focus on helping your child be more successful:

- Difficulty falling asleep (takes a long time to go to bed)
- Difficulty staying asleep (wakes up a lot during the night)
- Early morning waking (wakes up earlier than he/she needs to)
- Co-sleeping (not sleeping in his/her own bed or requiring you to sleep with him/her)
- Other _____

2. What are your child's strengths and interests?

3. How do your child's challenges with social communication and restricted/repetitive behaviors that may impact his/her sleep?

4. What are other personal influences that may impact your child's sleep (medical, psychological)?

5. Identify some potential ways to **modify** you/your child's daytime habits to promote successful sleep:

- Morning routine _____
- Ample exercise _____
- Abundant light _____
- Limit caffeine _____
- Limit daytime sleep/naps _____
- Limit bedroom use _____
- Other modifications _____

6. Identify some potential ways to **modify** you/your child's evening and bedtime routine to promote successful sleep:

- Limit light _____
- Decrease stimulating activities _____
- Identify appropriate bedtime _____
- Create consistent bedtime routine consisting of the following:

- Modify bedroom _____
- Other modifications _____



7. Identify how you will **respond** to your child's specific challenges related to bedtime:

- Challenging behaviors at bedtime _____
- Sleep resistance _____
- Night wakings _____
- Co-sleeping _____
- Early Morning Awakening _____
- Other challenges _____

8. Identify some ways to **support** your new sleep routine:

- Use schedules for certain aspects of the bedtime routine/other parts of the day _____
- Use visuals to indicate what is not available throughout day and night _____
- Incorporate timer for components of bedtime routine _____
- Give choices/choice board for components of bedtime routine or morning rewards _____
- Use first-then board to increase motivation within daytime habits, components of bedtime routine, or morning rewards _____
- Incorporate token system to increase motivation within daytime habits, components of bedtime routine, or morning rewards _____
- Other _____

Additional Notes:

