

OT Sleep Ideas

- Calming routine prior to bedtime - stories, bath, massage, chewy/crunchy snacks
- Reducing fluids prior to bedtime to eliminate need to wake up to use toilet
- Melatonin/cherry juice/chamomile tea prior to bedtime
- Soft "white" noise - noise machine or fan
- Temperature of the room
- Dark room, night light
- Pillows under fitted sheet to give deep pressure
- Weighted blanket
- Stuffed animals, other comfort toys
- Zipped pajamas on backwards for child that takes off clothes at night
- Picture scheduled for bedtime routine