



Promoting **Positive** Behavior Change

MANAGING SLEEPING PROBLEMS

PREVENTION	EXTINCTION	PASSES	TIMED VISITS
Establishing good “sleep settings” 1. Environment – dark, quiet, comfortable temperature 2. Bedtime routine – predictable, short, relaxing 3. Time consistency – regular bed and wake times 4. Bedtime cue – noise maker or humidifier that runs throughout the night 5. Exercise – day time, not too close to bedtime 6. Caffeine – avoid it near bedtime 7. Naps – avoid too close to bedtime 8. Screen time- avoid too close to bedtime 9. Isolate bed for sleeping (no watching TV, playing games etc. in bed) 10. Limit food/beverages close to bedtime if bedwetting or stomach distress are interfering with sleep	“Cry it out” <ul style="list-style-type: none"> Place child in bed/crib Allow them to cry themselves to sleep If they get out of bed, continue to put them back in bed until they fall asleep (with minimal attention) 	<ul style="list-style-type: none"> The child is allowed a set number of passes to get out of bed to be with mom/dad, get a drink of water etc. Passes can be systematically decreased 	<ul style="list-style-type: none"> Parent enters the room after a set amount of quiet time This rewards a duration of good behavior Time is systematically increased
	FADING <ul style="list-style-type: none"> Parents can stay in room until child falls asleep Slowly increase distance from the child (i.e. sit on the bed, then on the floor next to bed, then on the floor near the door etc.) Can make for long nights Can be difficult for parents to implement without support 	REINFORCEMENT <ul style="list-style-type: none"> Helpful when the child will not go to his/her bedroom or engages in tantrum behaviors when told to go to bed Provide a small but powerful reinforcer when the child is in bed Eliminate all other reinforcers in other environments (i.e. turn off T.V. in living room, remove access to tablets/games in other rooms) 	FEAR <ul style="list-style-type: none"> Fear may be a contributing factor to sleep problems Using systematic desensitization to address the fear may be helpful <ul style="list-style-type: none"> Identify issue Create fear hierarchy (What is the most feared situation? The least feared?) Slowly expose child to the hierarchy starting with the least fearful situation

Recommended Books: Good Night, Sweet Dreams, I Love You: Now Get Into Bed and Go To Sleep, by Patrick C. Friman. This book details the development of sleep patterns and habits in children, the pre-bedtime ritual, and methods for addressing sleep problems in infants, toddlers and preschool children.

The Sleep Fairy, by Janie Peterson. This is a bedtime story to be read to young children. The tale is about two siblings who have a hard time going to bed on their own. It details a fairy who comes to visit them in the night when they stay in bed. It provides a social story for expectations at bedtime and sets up a reward for the child if s/he stays in bed.

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