

I'm Tired of This



Sleep Routines, Sleep Problems, and How to
Get More ZZZZZZs

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Problems by the numbers



7-14

11-17

- ☞ Settling at bedtime - 43
- ☞ Wakes at night - 51
- ☞ Sleeps with parents - 28
- ☞ Sleeps with sibling - 12
- ☞ Night wetting - 38

- ☞ Settling at bedtime - 26
- ☞ Wakes at night - 34
- ☞ Sleeps with parents - 11
- ☞ Sleeps with sibling - 3
- ☞ Night wetting - 19

Sleep Disorders - Initiation	Children with DS	Children without DS
Settling	20	9
Waking in night	32	10
Early waking	17	6
Reluctant to go to bed	26	22
Insists on sleeping with someone	9	3

Sleep Disorders - Breathing Disorders	Children with DS	Children without DS
Mouth breathing	73	33
Restlessness	60	26
Loud Snoring	43	10
Sleeps with neck extended	30	5
Apneic Episodes	12	1
Gags/chokes	7	1

Sleep Disorders - Other disorders/behaviors during sleep	Children with DS	Children without DS
Sleep Talking	19	8
Teeth grinding	17	8
Bedwetting	16	2
Headbanging	7	3
Sleep walking	3	1

Sleep Apnea



- ❧ Sleep apnea is the process in which a person stops breathing for a short period of time and suddenly resumes with a rapid gulping of air
- ❧ Children with DS are more vulnerable
- ❧ Obstructive apnea – most common form
 - ❧ Partial obstruction of upper airways
 - ❧ Children with DS tend to have smaller upper airways and obstruction by tonsils and adenoids
 - ❧ Usually treated with surgery and highly successful
- ❧ Central apnea – is more of a neurological disorder
 - ❧ Can be treated with an oxygen mask - CPAP Machines

Sleep problems and behavior

- ❧ Two main types of sleep problems with a behavior cause
 - ❧ Sleep onset difficulties
 - ❧ Problems going to bed
 - ❧ Can't settle without a parent
 - ❧ Insistence on sleeping with someone
 - ❧ Sleep maintenance difficulties
 - ❧ Night waking problems
 - ❧ Getting up early
 - ❧ Wanderers

Effects of sleep problems



- ❧ Link between sleep disturbances and daytime behavior difficulties
- ❧ Link between sleep disturbances and mothers' stress levels
- ❧ Irritability, aggression, hyperactivity, lower attention span

Create a Safe and Positive Environment



- ❧ Take time before bed to relax
- ❧ Make it positive so child looks forward to preparing for bed
- ❧ If they are anxious before bed, it could be because they feel like they are just left there
- ❧ Safe and reassuring environment
 - ❧ Play soft music
 - ❧ Cuddling
 - ❧ Talking quietly
 - ❧ Story
- ❧ Associate bedroom with peacefulness so should not be used for active play or for punishment

Clear and Regular Routines

- ❧ Have the same bedtime each night (within half hour) and wake at same time every day including weekends and holidays
- ❧ Break routine down into steps
- ❧ Keep the routine under a half hour if possible
- ❧ Use visual prompts or an egg timer
- ❧ Make sure all parents agree on the routine
- ❧ Use a check off schedule

Getting Ready for Bed Chart



Checklist

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Get school books together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take a bath	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put on pajamas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brush teeth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wash face	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go potty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read story	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kiss family good night	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get into bed and turn out light	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Create an Environment for Sleeping

- ❧ Avoid rough housing before sleep
- ❧ Keep toys put away that can stimulate play
- ❧ Use nightlights for those scared of the dark – Don't leave lights on
- ❧ Children with DS are notoriously restless sleepers so you may want to use long pajamas so that they are warm enough if they become uncovered.
- ❧ Using white noise or soft sounds may drown out “bumps in the night”

Reward Good Bedtime Behavior

- ❧ Find a reinforcer that is desirable
- ❧ Each child is unique so may be rewarded by different things
- ❧ Use language about what they do instead of what they don't do
 - ❧ i.e. – Good job! You went right upstairs when it was 7:00
- ❧ You can use a sticker chart, dot to dot, etc. to document when something goes well

Getting Rid of the Old Behaviors

- ❧ Controlled ignoring
- ❧ Systematic ignoring with parental presence
- ❧ Using reinforcement programming
- ❧ Expect an extinction burst
- ❧ Plan ahead and set a date for the new routine to take place
- ❧ Look at what they behavior is and why they are doing it
- ❧ Once you start the program, any change back can turn back your program for awhile and make change resistant

Resources



☞ Solving Children's Sleep Problems: A Step by Step Guide for Parents – Lyn Quine

☞ Solve Your Child's Sleep Problems – Richard Ferber

Contact Information



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