Tips for Sleep Management

Everyone is an individual, but generally speaking we want to:

- **Energy Management**
  - Spoon theory/ traffic light energy systems can be both validating and useful. Day to day tasks may use a lot more spoons, as may socialising
- **Sensory informed**
  - Small sensory triggers can make a big difference, like low levels of light or noise from outside
- **Detailed Sleep Diaries**
  - Understanding and mapping individual sleep (good and bad nights) is the first step to understanding triggers and helpers

One night of hyperfixation can throw off sleep schedules, be aware of it as a trigger!

Introception (realising when tired) may be difficult, set solid routines instead of being based on 'feelings'

If someone relies on tv/youtube to sleep, substitute with white noise

Understanding can help, ask if the person would like psychoeducation on the two biological sleep drives

Incorporate sensory soothing via smell, temperature, touch

Physical relaxation, like PMR, can be useful

If someone spends a lot of time in their room, consider having a specific area for awake vs asleep time

Beds can be a sensory safe place, how can this be replicated in other areas of the house?