



Sleep Support

Sleep Checklist

Prior to starting with any sleep support, please take a look at the following:

Ruling out medical reasons for sleep challenges

- Breathing difficulties (e.g., snoring, sleep apnoea, asthma)
- Worms
- Seizures
- Gastrointestinal reflux
- Diarrhoea or constipation
- Bruxism (teeth grinding)

If you have ticked any of the above, it is important that you see a medical professional prior to receiving any sleep support from Acorn.

Signs your child isn't getting enough sleep

- Your child seems irritable and/or emotional
- Your child has difficulty concentrating
- Your child is falling asleep during the day (outside of nap times)

Some helpful things to explore prior to sleep support

- The temperature of your child's bedroom
- The light in your child's bedroom
- The sound in your child's bedroom
- Limiting device time before bedtime



How does it work?

Sleep difficulties are common among neurodivergent children and can have a significant impact on the well-being of both them and those who support them. Our sleep support service can help young neurodiverse people and those supporting them get a good night's sleep!

We work collaboratively with you to put together a step-by-step, evidence-based, sleep support plan based on the needs of your child and family.

We can support with:

- Difficulties with going to bed
- Difficulties with falling asleep
- Frequent night waking
- Early waking
- Sleep dependencies

Sleep Support Process

Step 1: Initial Assessment

You will meet online with one of our psychologists to complete an assessment. This assessment aims to identify your child's current sleep routines, challenges and any previous experience with sleep support. We will likely ask you to fill in some forms and checklists before and/or after this meeting.

Step 2: Individualised Plan

The psychologist will develop a tailored sleep support plan based on your child's needs. We then meet with you to discuss the plan and ensure you are confident in putting the plan in place.

Step 3: Ongoing Support

We will provide ongoing, online support and check-ins to ensure success with the sleep support process and to help with problem-solving any potential challenges that can arise along the way.



Building a future in which all neurodiverse children and youth can fully participate, belong and thrive.

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