

# ***Sleep issues for children with SEND***



**0 to 19**  
**TORBAY**  
*for you*

Children with SEND\* can have problems settling and sleeping, and can wake repeatedly during the night.

This can be due to many reasons, including anxiety, sensitivity to light from phones and tablets, or problems with the sleep hormone, melatonin.

\* Special Educational Needs and Disabilities



## Things to know

You can support your child by:

- Having the same bedtime routine each night.
- Not using mobile phones, tablets or computers in the hour before the bedtime routine starts.
- Keeping the bedroom dark, quiet and with toys put away.
- Keeping a sleep diary to see if there are any common issues or patterns occurring.



## Further support

If nothing is helping, then you should consider speaking to your GP.

You can also get further support from the following websites:



[autism.org.uk](https://autism.org.uk)



[cerebra.org.uk/get-advice-support/sleep-advice-service](https://cerebra.org.uk/get-advice-support/sleep-advice-service)

See our 'Good sleep routine' and 'Five magic kisses' leaflets for additional ideas to help support your child's bedtime routine.