

Building relationships and communicating: Going to bed and waking up



Sleep can be an issue for lots of children going to sleep and waking up during night, this is more common in children with special educational needs or disability. This can be due to sensory needs, understanding, difficulty with transitions, activity levels and so forth. Changes to the routine of starting school may need to be considered relating to sleep.

Things to help me grow

Consider whether the child's bedtime and morning routines need to change before the child starts school, then you can prepare for and put this in place in advance.

Making things easier

- Consider the child's sensory needs, for example soft pyjamas, texture of bedding, the light, sounds and so forth.
- Visual routine for bedtime and morning.
- Nappies that hold a larger capacity.
- Bed wetting sheets on bed to minimise disruption of a full bed change.

Helpful Links:

[Early Support Sleep info.](#)

[Sleep routines.](#)

[Sleep and SEND.](#)

[The sleep charity.](#)

[National Sleep Helpline.](#)

