




Recommendations for Sleep Health Habits for Children and Adolescents with Neurodevelopmental Conditions

On the list below, check off which habits you already have and which ones you would like to have. Start with the easy ones. Also check off the habits which you consider a challenge and can possibly be addressed in the future.

Sleep Health Habits	 Yes, I already do this!	 Yes, I think this would help!	 Not right now... This won't work!
Exposure to sunshine (bright light) during the day, especially in the morning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day has a balance of activity and rest.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Short naps in the early afternoon, if needed (review possible reasons for naps).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dim lights (reduce blue/white lights) in the evening in order to initiate sleep.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Limit TV, DVD, computer (screen) time during the day and especially before bed (try using applications that reduce blue light from screens, e.g. f.lux).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat and drink only light healthy foods and beverages before going to bed (no caffeinated drinks or soft drinks). Do not eat food over the night.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
As a general rule, only quiet activities in the last hour prior to going to bed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maintain a regular bedtime routine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recognize and respond to your body's cues for tiredness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maintain a regular wake-up and bedtime every day, including weekends (maximum deviation of 1 hour).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>