

Occupational Therapy Services for **Sleep and Bedtime Routines**

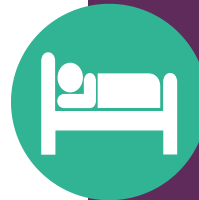


Children receive occupational therapy services to help them develop healthy sleep habits. Occupational therapy services can help families understand how to help their child with nap and bedtime routines.

Occupational therapy practitioners work with children to help them:

- Understand how much rest and sleep they need
- Develop relaxation strategies
- Recognize when they are tired and need to rest or sleep
- Create a safe environment for sleeping
- Change their environment so they feel comfortable going to sleep
- Establish a predictable nap and bedtime routine
- Fall asleep on their own
- Stay asleep for longer periods of time

What You Can Do



Ask yourself if your child needs help with falling or staying asleep



Ask your child's pediatrician for occupational therapy services

Reference: Gronski, M., & Doherty, M. (2020). Interventions within the scope of occupational therapy practice to improve activities of daily living, rest, and sleep for children ages 0–5 years and their families: A systematic review. *American Journal of Occupational Therapy*, 74, 7402180010. <https://doi.org/10.5014/ajot.2020.039545>