








HOT Evidence

Sleep in Children and Youth 0–5 Years Old

Why This Matters

- ▶ Infants and toddlers with and without developmental delay experience challenges with the occupation of sleep, which also lead to changes in parental sleep and well-being.
- ▶ Occupational therapy practitioners often provide interventions for sleep issues in the context of the neonatal intensive care unit (NICU), early intervention, and pediatric outpatient settings.
- ▶ Occupational therapy practitioners can support healthy sleep by offering strategies to help caregivers manage sleep routines among infants and toddlers at home, and they can incorporate caregivers into sleep–wake routines in the NICU.

Improving Sleep Outcomes

<i>Intervention</i>		<i>Outcome</i>	
Infants			
	Parent-training on behavioral interventions (i.e., anticipatory guidance and gradual extinction)		Self-soothing, decreased sleep latency, and decreased nighttime wakings
	Massage		Sleep duration
	Kangaroo care		Additional deep-sleep time
	Positioning devices for preterm infants in NICU		Additional time in deep/light sleep vs. awake
	Internet-delivered behavioral interventions for parents of infants and toddlers		Improved sleep duration, sleep latency, and decreased night wakings (frequency and duration)
		Toddlers	
			Group and individual parent behavioral interventions (i.e., camping out, extinction, communication and sensory strategies, and bedtime routines based on sleep hygiene)
			Healthy media education interventions
			Decreased sleep latency, bedtime resistance, sleep duration, and night wakings
			Decrease in parent-reported sleep problems

Find the Evidence

Visit <https://research.ota.org> to review the **Systematic Review on this topic**