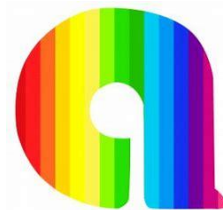


AVALON AUTISM PARENTAL SUPPORT & RESPITE






Registered Charity No: SC048395



SLEEP AND AUTISM

Sleep challenges are common among children with additional needs. Research indicates that up to 86% experience difficulties in this area. Insufficient sleep can lead to daytime fatigue, learning struggles, behavioural concerns and even aggression. When sleep issues persist, they can affect every aspect of a child's development, including their emotional, physical, and mental well-being.

Implementing visual aids can be a valuable strategy for establishing a structured and predictable bedtime routine. Below, you'll find tools to help create a personalized visual bedtime schedule that supports consistency and ease in winding down for sleep.

 shower	 wash	 nightie on	 pyjamas on
 lights off	 dim lights	 white noise	 tablet off

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 <p>lights</p>	 <p>hot drink</p>	 <p>weighted blanket</p>	 <p>read</p>
 <p>close curtains</p>	 <p>brush teeth</p>	 <p>bed</p>	 <p>story</p>
 <p>sleep</p>	 <p>cuddle</p>	 <p>massage</p>	 <p>tidy up</p>
 <p>play</p>	 <p>tea time</p>	 <p>undress</p>	 <p>bath</p>

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Coloured Noise and Sleep Support

Children with autism often experience heightened sensory sensitivities, which can make falling asleep challenging. While there is growing interest in the benefits of white noise and other coloured noise types, a review of scientific literature suggests that evidence remains open to interpretation regarding their effectiveness for sleep improvement.

Playing coloured noise in the background can be a helpful strategy, promoting relaxation, reducing sensory overload, and improving sleep quality.

White noise - A steady, consistent sound that masks background noise and creates a calming environment. It helps autistic children by reducing sudden auditory distractions, making it easier to fall and stay asleep.

Click here for Example: [White Noise to Fall Asleep - Good Night!](#)

Brown noise – Deeper and richer than white noise, brown noise has a soothing effect that encourages relaxation. Its lower frequencies may be particularly beneficial for children who find high-pitched sounds overstimulating.

Click here for Example: [12 Hour BROWN NOISE for FOCUS, DEEP SLEEP, AND COMFORT ✨ *no music* - YouTube](#)

Pink noise – A balanced mix of frequencies, pink noise is softer and more natural, resembling calming sounds like rainfall or ocean waves. It has been linked to improved sleep quality and deeper rest.

Click here for Example: [Pink Noise Black Screen | Sleep, Focus, Study | 10 Hours - YouTube](#)