





Many children with autism experience poor sleep patterns, which can impact on their behaviour and educational achievement, as well as the sleep patterns of their parents and siblings.

## Sleep diary

Keep a diary of your child's sleep patterns i.e. when do they sleep and for how long. Also pay attention to the following areas:

When they fall asleep on their own what is the environment like?

What activities did they do prior to falling asleep? (e.g. are they more likely to sleep after physical exercise, eating etc.)





