



S.E.a.T.S.S.

Sleep Seminar -Mandy Gurney RGN RM Dip HV

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Gradual Retreat Method

Suitable for

- All ages
- Building your child’s confidence in their ability to sleep
- Children who have anxiety issues especially if related to sleep and separation
- Children who wake in the night and need help to get back to sleep

Method

- Decide on 1st step ie lying on top of the duvet
- Repeat for 4-7 nights
- Wait at least 10 mins once your child is asleep before leaving
- Slowly move through the steps until your child can go to sleep independently.



Resetting your child’s body clock

- My child falls asleep very late
- Can be viewed as bedtime resistance
- Your child is tired when woken for school
- Your child often sleeps late at the weekends/holidays.

SLEEP SEMINAR

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Can be due to:

- lively bedtime routine
- after the school holidays
- after an illness
- untreated sleep issues
- anxiety/stress
- natural shift in body clock puberty

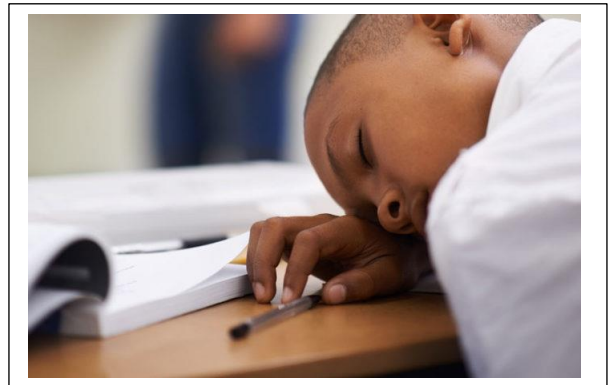
Method

- Keep a sleep diary for a week to record what time your child falls asleep
- Adjust the bedtime routine so it starts close to your child's natural latest sleep time.
- The goal is to enable your child to fall asleep in about 15 to 20 minutes
- Once your child can do this move the start of the bedtime routine earlier by 15 minutes
 - Slowly repeat this process moving bedtime earlier by 15 minutes until your child can fall asleep well at a more ideal time
 - To see success children must also be woken at the same time every day

Natural shift in teens body clock

There is a natural shift in all teens body clock so they want to fall asleep later and wake later

- This is even evident in early puberty
- It is due to natural shift in the production of the sleep hormone melatonin
- Melatonin levels rise later at night and remain higher in the morning



My child wakes for a long time in the night

- Do not fully wake your child, but just lightly stir them in their sleep
- Repeat the stirring consistently for 7 consecutive nights- then if working well, week 2 skip 1 night.
- Repeat this process, slowly reducing the number of stirrings each week.

This plan restricts the time your child is in bed to consolidate their sleep back to monophasic sleep.

Sleep Restriction

Your child is awake during the night for 1-3 hours for no particular reason

- Complete a sleep diary to work out your child's average night's sleep- assess sleep time not time in bed.
- Reduce the time in bed to time asleep
- Shift your child's bedtime later or wake them up earlier to create correct sleeping time
- If night waking is eliminated for 1 week, then readjust their bedtime or wake up time by adding 15 minutes to their time in bed. Very slowly repeat this pattern until they are sleeping longer.

Pre emptive stirring

- This technique can be used for persistent regular night waking and sleep disorders such as night terrors.
- Record a sleep diary to monitor waking pattern
- Stir your child 30 mins prior to their usual waking time
- If your child wakes easily, stir 15 mins earlier the next night
- Do not fully wake your child
- Repeat consistently for 7 consecutive nights- then skip 1 night per week
- Slowly reduce the wakes



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