



## DELAYED SLEEP PHASE



### 1

#### Complete The Bedtime Routine

The bedtime routine needs to be predictable and the same each evening. This will usually involve a small supper, a wash (bath or shower), PJ's on, into bed and possibly read a book together. The bedtime routine should be no more than 30-45 minutes. Avoid screen time during the bedtime routine to give their body the best chance of sleeping well!

It signals to the body that bedtime is coming and then their body can start to release the sleepy hormone, melatonin, to help them to start becoming tired. You can use a visual schedule if you think this will help the young person.

### 2

#### Set The Bedtime

If you are used a delayed sleep phase bedtime plan, then you would put the child or young person to bed 30mins-1 hour later than they fell asleep the night before. This is so the body learns bed=sleep, rather than learning to lay in bed awake for a long time. Keep them awake if they want to go to sleep before the set time and use distraction.



## DELAYED SLEEP PHASE



### 3

**Gradually  
Move  
Bedtime**

Once the child or young person is falling asleep within 15-20 minutes of going to bed, and their body has made the association of bed=sleep, then you can start bringing the bedtime backwards, in small steps of around 10-15 minutes, till they are at an appropriate bedtime for their age again.

### 4

**Maintain  
Good  
Sleep**

Once the child or young person is sleeping at a more appropriate time for their age and falling asleep within 15-20 minutes, you need to fix the bedtime and then maintain the good sleep! Anchor the morning wake time so they stay on the sleep schedule and avoid lengthy morning lay ins!

