



GUIDE TO SLEEP

Autistic people can often have difficulty sleeping for many reasons. We hope the information in this guide helps improve your sleep health.



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Sleep Hygiene & Health Tips

01 Sleep tracking

Keeping a sleep diary that records your usual hours of sleep and self-reported sleep quality can help you spot unusual patterns. We've included a handy template at the end of this guide.

02 Routine

Establish a consistent sleep routine to prepare your body and mind for sleep. Try going to bed and waking up at similar times, and keep the same bedtime routine. See MAC's example on page three.

03 Environment

Set up your sleeping area with sleep in mind. Remove any distractions or possible sources of discomfort. Take a look at the next page for some helpful tips on this.

04 Diet

Limit caffeine and high-sugar food and drink, especially near bedtime. If food sensitivity and/or stomach discomfort affect your sleep, visit your GP or a dietitian for advice and support.

05 Preparing for bed

Perform relaxing activities before going to bed, such as reading, listening to calming music, or taking a warm bath. Avoid stimulating activities before bed, like screen time and exercise.

When decorating your room, opt for calming colours like soft blues and greens, neutrals, or paler shades

Incorporate soothing scents like lavender and chamomile and soothing sounds like white noise and ambient music

Light can cause disruption to the sleep cycle so invest in blackout curtains or blinds

Introduce varied textures through cushions, beddings, and rugs

If you respond well to weighted therapy, a weighted blanket may help to calm your body to prepare for sleep

Building a Sensory-Friendly Sleep Space

When you're trying to sleep, it can be difficult to relax. Between leftover daytime anxiety and sensory anxieties at night, sleep can present a challenge.

Creating a space for yourself to sleep that encourages healthy sleep habits is key to developing your routine.

We've suggested some ideas above that may make it easier to practice good sleep hygiene, but other methods may be a better fit for you.

Example Sleep Routine

We've come up with an example routine below. This may not fit your lifestyle, so please adjust it to fit your needs.



1 hour before sleep

Turn off electronics

Screen time before bed increases blue light exposure which can disrupt your circadian rhythm. Turning off your electronics at least 20 minutes before sleep can improve sleep quality.

45 minutes before sleep

Get into bed

Performing your nighttime self-care routine and getting comfortable in bed can help you get into the right mindset for sleep. It gives your body and mind a chance to prepare for sleep.



30 minutes before sleep

Start relaxing activities

Whether it's reading, listening to calming music, or something else, create a routine where you perform an activity that relaxes you as you prepare for sleep.



15 minutes before sleep

Turn off the lights

Light exposure at night can disrupt your natural sleep rhythm. Turning the lights off or reducing light levels can help regulate your natural sleep-wake cycle by allowing melatonin production.





Sleep Tracker

How to use our sleep tracker:

Every morning, highlight the hours that you slept the night (or day) before. Then rate your sleep quality 1 to 5, one being poor and five being excellent.

JAN / FEB / MAR / APR / MAY / JUN / JUL / AUG / SEP / OCT / NOV / DEC

DATE	PM	AM	SLEEP QUALITY
1	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
2	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
3	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
4	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
5	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
6	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
7	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
8	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
9	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
10	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
11	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
12	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
13	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
14	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
15	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
16	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
17	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
18	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
19	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
20	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
21	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
22	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
23	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
24	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
25	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
26	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
27	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
28	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
29	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
30	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO
31	1 2 3 4 5 6 7 8 9 10 11 12	1 2 3 4 5 6 7 8 9 10 11 12	OOOOO



Tired of feeling tired?

If you or a loved one is living with sleep issues, did you know that we offer sleep assessments at our state-of-the-art sleep clinic in Merseyside?

The clinic uses the latest sleep technology and has five individually designed bedrooms (with en-suite) to optimise diagnostic accuracy and the patient experience.

To find out more about our sleep clinic visit:

researchforyou.co.uk/sleep-clinic-merseyside

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