Arrow Academy
ABA Learning & Treatment Center

MANAGING SLEEPING PROBLEMS

PREVENTION	EXTINCTION	PASSES	TIMED VISITS
Establishing good "sleep settings" 1. Environment – dark and quiet 2. Bedtime routine – predictable, short, relaxing 3. Time consistency – regular bed and wake times 4. Bedtime cue – noise maker or humidifier that runs throughout the night 5. Exercise – day time, not too close to bedtime 6. Caffeine – avoid it near bedtime 7. Naps – avoid too close to bedtime	"Cry it out" • Place child in bed/crib • Allow them to cry themselves to sleep • If they get out of bed, continue to put them back in bed until they fall asleep	• The child is allowed a set number of passes to get out of bed to be with mom/dad, get a drink of water etc. • Passes can be systematically decreased	• Parent enters the room after a set amount of quiet time • This rewards a duration of good behavior • Time is systematically increased
	FADING	REINFORCEMENT	FEAR

	• Parents can stay in room until child falls asleep
	• Slowly increase distance from the child (i.e. sit on the bed, then on the floor next to bed, then on the floor near the door etc.)
	• Can make for long nights
	• Can be difficult for parents to implement without support
		• Helpful when the child will not go to his/her bedroom or engages in tantrum behaviors when told to go to bed
		• Provide a small but powerful reinforcer when the child is in bed
		• Eliminate all other reinforcers in other environments (i.e. turn off T.V. in living room, remove access to tablets/games in other rooms)
			• Fear may be a contributing factor to sleep problems
			• Using systematic desensitization to address the fear may be helpful
			  – Identify issue
			  – Create fear hierarchy (What is the most feared situation? The least feared?)
			  – Slowly expose child to the hierarchy starting with the least fearful situation