

***This is a model developed under CTR clinicians that will guide you with some bedtime strategies to aid you, as the caregiver, in settling your child at night.**

REST MODEL

Strategies To Help At *BEDTIME* For Children With Complex Trauma

*A simple model that Complex Trauma Resources (CTR) therapists use in planning with some children uses the acronym (3) **REST** to frame bedtime strategies. In short, the term **REST** refers to strategies that plan for predictable pre-bedtime **Routines**, modify the sleep **Environment**, minimize **Stimulation** and maintain structured **Time strategies**.*

Routine

- Develop a pre-sleep routine (Use bathroom, brush teeth, put on favorite PJ's or sleep clothes, read a short story, bed-time prayers, hugs, etc).
- Perhaps use a warm bath before bed.
- Reserve the bedroom for sleep- not homework, gaming or other activities.
- Have a small glass of water nearby to prevent need to get out of bed.
- Have preferred bed time "stuffy's" or plush toys already in bed.

Environment

- Control bedroom noise. Perhaps use a white noise or ambient noise machine.
- Block out light. Use light darkening shades.
- Keep the room cool and well ventilated.
- Use a room fan if possible (white noise and cooling).
- Reverse or hide the clock. The light can keep kids awake.
- Make your bed comfortable.
- Where tolerated use a weighted blanket
- Use a tight tuck in.
- Some children like the idea of a 'fort'. Hanging a light sheet to create privacy might help.

Stimulation

- Daytime exercise or active play on a regular basis- but not before bed.
- Maintain a healthy diet.
- Avoid sugary drinks or foods before bed-time.
- Avoid stimulant drinks or foods (coffee, hot chocolate, etc.) before bed time.
- Avoid video games and electronic devices before bed.



- Use a dim or green-glow nightlight- only if needed.

Time

- Give the child incremental time warnings (30 minutes to bedtime, 15 minutes to bed time, etc) before the bedtime routine.
- Have the child go to bed at the same time each night.
- Set your alarm and get up at the same time every morning, regardless of how much sleep the child got during the night.
- Encourage the child to stay in bed until the approved time if they wake early.

If you would like to view an extensive case study on how to utilize this in greater measures, please visit.... (JP, this will also be linked on the BLOG - waiting to see from Chuck if there is an extensive case study on this).