

DAILY LIFE

Autism Sleep Routine Template

A flexible bedtime template you can adapt to your child. Sequence matters more than the clock.

A flexible bedtime template

Adapt the times to your child. Consistency of **sequence** matters more than consistency of **clock time**.

Time	Step	Tick
~90 min before sleep	Dim all overhead lights. Switch to one warm lamp.	
~60 min before sleep	End screens. Move to a calm low-stimulation activity.	
~45 min before sleep	Bath or shower (warm, not hot). Deep pressure dry-off.	
~30 min before sleep	Pyjamas, teeth, toilet. Use the same order every night.	
~20 min before sleep	Quiet story, audiobook or calm music in the bedroom.	
~10 min before sleep	Weighted blanket, white noise, lights out cue.	
Sleep	Sit nearby if needed. No talking, no eye contact.	

Environment checks

- ☐ Room temperature 16–18°C
- ☐ Blackout blinds in place
- ☐ White / brown noise running
- ☐ Pyjamas in tolerated textures only
- ☐ Drink and small snack available
- ☐ Comfort item present

If sleep doesn't happen

Tonight is not the night to fix sleep. If they're still awake at 1am, let it go — the fight loses more sleep for everyone. Track patterns, adjust the next day, try again tomorrow.