

WEBVTT

1 "Embriano, Alana" (3795984384)

00:00:06.570 --> 00:00:23.820

Good afternoon. Everybody. Welcome. And thank you for calling into sickness. Autism awareness series. My name is Alana and I'm a care manager for the autism specialty team. Due to the format of this call. Your line will remain muted throughout the entirety of the seminar.

2 "Embriano, Alana" (3795984384)

00:00:23.820 --> 00:00:32.580

Uh, any questions received throughout the presentation will be through the Webex platform and we should have time to, um.

3 "Embriano, Alana" (3795984384)

00:00:32.580 --> 00:00:44.070

Answer questions at the end of the seminar, it should be noted that we will only be answering questions that are in today's topic. There will be an option at the end to complete a short survey as well.

4 "Embriano, Alana" (3795984384)

00:00:44.070 --> 00:01:04.070

I hand out for today's seminar is available online at [www dot com backslash, autism](http://www.dot.com/backslash/autism) scroll to current topics section in the middle of your page and click on today's topic, labeled sleep, routine, readiness and training or follow along throughout the Webex presentation. A recording will be available.

5 "Embriano, Alana" (3795984384)

00:01:04.070 --> 00:01:19.830

Once finalized at the same website, please note that not all policies cover today's topic for more specific information. If your policy covers topics discussed in today's seminar, please contact the autism team by calling number on the back of your insurance card.

6 "Embriano, Alana" (3795984384)

00:01:19.830 --> 00:01:25.200

Today I have the pleasure of introducing Matt, um.

7 "Embriano, Alana" (3795984384)

00:01:25.200 --> 00:01:45.200

He is a board certified behavior analyst and current regional director for butterfly effects. Llc, Los Angeles County region. He has treated a wide range of developmental diagnoses, including autism spectrum disorder. His passion includes general dissemination of the behavioral analysis and parent education.

8 "Embriano, Alana" (3795984384)

00:01:45.200 --> 00:01:51.270

And to ensure meaningful and lasting behavioral change for individual

of all ages.

9 "Embriano, Alana" (3795984384)

00:01:51.270 --> 00:01:56.478

And with that, I'll let you take it away, Matt. Awesome. Thank.

10 "Matt Heininger" (2332073216)

00:01:56.478 --> 00:02:15.800

Thank you so much for the lovely warm intro. Hello? All that are attending, I hope you have all had lovely holiday and ease and back into the swing of things. Uh, truly appreciative and thankful for Cigna for the opportunity for us to Powell. And for me to hopefully.

11 "Matt Heininger" (2332073216)

00:02:15.800 --> 00:02:22.710

Inform you of some of the factors that influence, uh, sleep problems and how to address them.

12 "Matt Heininger" (2332073216)

00:02:22.710 --> 00:02:43.910

As, as so eloquently stated in the introduction, uh, I work at butterfly effects we are a national provider, uh, across, um, various states spread throughout the country and I happen to be residing in what is today a very windy Los Angeles, California, uh, at butterfly effects.

13 "Matt Heininger" (2332073216)

00:02:43.910 --> 00:02:56.850

Our mission is to make a socially meaningful change in the lives of children and families we treat. Um, and that also includes something that is very, very meaningful, uh, stabilizing a child's sleep patterns.

14 "Matt Heininger" (2332073216)

00:02:56.850 --> 00:03:14.610

Today's agenda, we will cover the prevalence of sleep problems. We'll go over medical considerations that must be accounted for prior to exploring through the competence of ABA, addressing sleep troubles.

15 "Matt Heininger" (2332073216)

00:03:14.610 --> 00:03:19.080

We will briefly go over a series of methods.

16 "Matt Heininger" (2332073216)

00:03:19.080 --> 00:03:39.080

Uh, as it relates to behavioral assessments to identify some of the variables that are persisting, uh, when your troubles with, uh, with your child sleep, and then we will on a surface level, go over treatment strategies there will be a disclaimer in the pertinent slides. But I also want to preface.

17 "Matt Heining" (2332073216)

00:03:39.080 --> 00:03:48.750

That a lot of the assessment planning, and the strategies that will be disseminated here in today's, uh, chat, uh, will, is not a recommendation.

18 "Matt Heining" (2332073216)

00:03:48.750 --> 00:04:07.350

For, uh, for any sort of, uh, treatment, uh, this will until the collaboration of various disciplines for those that already have ABA, you'll want to reach out to your respective, uh, as well as doctors, or other related professionals, uh, for which it might be applicable.

19 "Matt Heining" (2332073216)

00:04:07.350 --> 00:04:14.010

All right, so what is the current data on sleep problems?

20 "Matt Heining" (2332073216)

00:04:14.010 --> 00:04:18.840

The 1st thing to account for is our genetic lineage as humans.

21 "Matt Heining" (2332073216)

00:04:18.840 --> 00:04:26.309

If you look at the evolution of humans from the beginning of time up until now, it's been quite a change.

22 "Matt Heining" (2332073216)

00:04:26.309 --> 00:04:42.839

It is the proverbial ancestral history versus our modernized social behavior patterns as humans are natural biology and neurology are built to sleep in a particular context. Yet were expected to sleep in a different 1.

23 "Matt Heining" (2332073216)

00:04:42.839 --> 00:04:49.019

It's the fundamental question that we all ponder at 12 am, why is it called midnight?

24 "Matt Heining" (2332073216)

00:04:49.019 --> 00:04:55.799

Because back in the day before society and structuralism really came to rise.

25 "Matt Heining" (2332073216)

00:04:55.799 --> 00:05:02.279

When the sun went down, we went down so we would sleep at 7:00:8. 0. P. M.

26 "Matt Heining" (2332073216)

00:05:02.279 --> 00:05:06.509

For which 12:00:a m was the middle of the night.

27 "Matt Heininger" (2332073216)

00:05:06.509 --> 00:05:23.849

Now, in a modernized society, that's not necessarily the case. It's quite perpendicular as adults. We might fall asleep anywhere from 9:30:to, 11 or midnight if we're night hours and conversely children don't always go to bed right? When the sun goes down.

28 "Matt Heininger" (2332073216)

00:05:23.849 --> 00:05:27.659

So, there is a biological neurological.

29 "Matt Heininger" (2332073216)

00:05:27.659 --> 00:05:35.279

Factor to consider, uh, while we live in the modern day, uh, and what is society as a whole.

30 "Matt Heininger" (2332073216)

00:05:35.279 --> 00:05:45.749

So those are things to be accounted for and sleep problems are not just prevalent in individuals with autism. Uh, they are with young children, adults alike.

31 "Matt Heininger" (2332073216)

00:05:45.749 --> 00:05:50.939

35 to 50% of young children I do have sleep problems.

32 "Matt Heininger" (2332073216)

00:05:50.939 --> 00:06:10.939

And then those that are diagnosed with, uh, the prevalence is anywhere from 6373%. Um, it also should be stated that, depending on any other literature or things that you you online, of course, research by research that, um, those percentages are on a sliding scale.

33 "Matt Heininger" (2332073216)

00:06:10.939 --> 00:06:14.489

But, nevertheless, lastly.

34 "Matt Heininger" (2332073216)

00:06:14.489 --> 00:06:28.499

Various parents in across various concerns, uh, always wonder whether or not this is a phase whether, or not through maturation. Uh, this will kind of diminish and, uh, uh, absolve.

35 "Matt Heininger" (2332073216)

00:06:28.499 --> 00:06:40.709

And the last bullet point here is sleep problems unfortunately are persistent and usually do not diminish over time naturally. So,

there's a strong correlation between, uh, problematic patterns.

36 "Matt Heininger" (2332073216)

00:06:40.709 --> 00:06:49.799

Uh, that might be present at age 4 or 5 or 6 uh, unfortunately cascading throughout the entirety of the individual's life. Course.

37 "Matt Heininger" (2332073216)

00:06:53.129 --> 00:06:59.489

Now, some more data without good sleep children, of course, are more irritable.

38 "Matt Heininger" (2332073216)

00:06:59.489 --> 00:07:03.809

They're easily fatigued they're less likely to follow instructions.

39 "Matt Heininger" (2332073216)

00:07:03.809 --> 00:07:17.309

A lot of this impacts learning opportunities, whether it's at home school daycare or other settings, and it increases the likelihood of problematic behaviors. Right? Hunger recent life events.

40 "Matt Heininger" (2332073216)

00:07:17.309 --> 00:07:32.039

Physical pain, and particularly sleep. These are all unconditioned needs that we have and if we cannot access them, it sets the precedent for, um, uh, undesirable responding muddiness things of that nature.

41 "Matt Heininger" (2332073216)

00:07:32.039 --> 00:07:48.719

Some other medical considerations, lack of sleep is associated with childhood and adult obesity when we're all tired we all, uh, consume more sugar, uh, and other foods that may not necessarily be part of our regular regimen.

42 "Matt Heininger" (2332073216)

00:07:48.719 --> 00:07:53.879

It strongly correlated with emotional and behavior problems and adolescence.

43 "Matt Heininger" (2332073216)

00:07:53.879 --> 00:07:59.849

It correlates with anxiety adulthood and sleep problems and adulthood.

44 "Matt Heininger" (2332073216)

00:08:03.149 --> 00:08:10.859

Now, the prevalence of sleep problems in, and particularly butterfly effects, we treat, uh, holistically.

45 "Matt Heininger" (2332073216)

00:08:10.859 --> 00:08:30.859

Through the lens of the family nucleus, so on the 1st, uh, top bullet point slide here sleep problems do induce great distress on family dynamics, you know, for them to be at your their best you need to be at your best and vice versa. So, we're really looking at treating the foundation and how we could.

46 "Matt Heininger" (2332073216)

00:08:30.859 --> 00:08:39.929

And how can influence, uh, other facets of life sleep problems for children do result in an increased maternal depression.

47 "Matt Heininger" (2332073216)

00:08:39.929 --> 00:08:47.699

Parental sleep problems and the erosion of the parent child relationship. Why? Because each of you are not at your best.

48 "Matt Heininger" (2332073216)

00:08:47.699 --> 00:09:01.649

All of the all are on dire straits for if child can't sleep, you can't sleep and vice versa. So these factors compound and with great magnitude. We want to be of service to address this. No.

49 "Matt Heininger" (2332073216)

00:09:01.649 --> 00:09:21.649

For those better that are in the long road, uh, parents 1st, consultation more often is, uh, with a pediatrician that can be during the developmental milestones check at 15:18:months 2 years. Uh, it could be at a later date. Uh, I think, what is this advantageous, uh, in a different topic.

50 "Matt Heininger" (2332073216)

00:09:21.649 --> 00:09:33.779

In its own, right uh, most medical doctors, your pediatricians, your primary care physicians in medical school and post residency only get about 5 hours of training on average.

51 "Matt Heininger" (2332073216)

00:09:33.779 --> 00:09:48.719

That end to dispel a potential misconception while everybody's different medication prescribed is mixed in its effectiveness, uh, per up to date research. That could be anything from.

52 "Matt Heininger" (2332073216)

00:09:48.719 --> 00:09:53.489

Melatonin any other over the counter or prescribed medications.

53 "Matt Heininger" (2332073216)

00:09:53.489 --> 00:10:12.839

Now, when you do, have your pit stop with your respective

pediatrician, 22% of the time behavioral solutions are recommended, whether that's funneled through ABA or other behavior, principles and disciplines that's from sorry still in 2007.

54 "Matt Heining" (2332073216)

00:10:12.839 --> 00:10:24.359

So, when we look at sleep deprivation, if we look at fatigue, how does it present observable with your child?

55 "Matt Heining" (2332073216)

00:10:24.359 --> 00:10:32.729

These are merely just examples, but some of them that are quite, uh, quite big noncompliance with nighttime routines.

56 "Matt Heining" (2332073216)

00:10:32.729 --> 00:10:43.349

Right so resistance in wanting to start bath time or start buying down time and some of the series of activities you do prior to sleep.

57 "Matt Heining" (2332073216)

00:10:43.349 --> 00:10:50.189

It also, um, influences and generate sleep interfering behavior.

58 "Matt Heining" (2332073216)

00:10:50.189 --> 00:11:01.979

So, that could be wanting to get up out of their bed excessively to get their toys, or, you know, any other pattern or trend that results in, in interfering with the likelihood that they go down. And they sleep.

59 "Matt Heining" (2332073216)

00:11:01.979 --> 00:11:23.059

Also with the late sleep onset, right? On average, uh, 1 of the quality markers is individuals going to sleep about 15:20:minutes after, you know, lights out and that's that's applicable for children. And a lot of the time it results in a delayed sleep onset. So, you put your child down at.

60 "Matt Heining" (2332073216)

00:11:23.059 --> 00:11:33.329

6 or 7, or what have you, but they're really not going down until 7:45:8 9 or, you know, turbulence throughout the night.

61 "Matt Heining" (2332073216)

00:11:33.329 --> 00:11:46.859

Other sleep problems include night awakening, waking up in the middle of the night or early awakening. So what naturally is your target of your child waking up at 6:30:they're up at 4:00:in the morning?

62 "Matt Heining" (2332073216)

00:11:50.219 --> 00:11:57.059

All right, so traits of good sleep. Some of this is sensical. The ability to fall asleep quickly.

63 "Matt Heininger" (2332073216)

00:11:57.059 --> 00:12:01.199

To be able to hit that 15 to 20 minute mark after your head hits the pillow.

64 "Matt Heininger" (2332073216)

00:12:01.199 --> 00:12:06.059

Stability in being able to stay asleep throughout the night.

65 "Matt Heininger" (2332073216)

00:12:06.059 --> 00:12:14.039

Rising without trouble in the morning so you're not shaken off the cobwebs of last night for 2 or 3 hours.

66 "Matt Heininger" (2332073216)

00:12:14.039 --> 00:12:19.469

You're able to rise and find a state of alertness, uh, relatively quickly.

67 "Matt Heininger" (2332073216)

00:12:19.469 --> 00:12:22.709

And then, lastly, not feeling drowsy during the day.

68 "Matt Heininger" (2332073216)

00:12:22.709 --> 00:12:28.739

Or no reliance on caffeine for our adult folk here. All right.

69 "Matt Heininger" (2332073216)

00:12:28.739 --> 00:12:32.189

So, there is a wealth of data and how it presents.

70 "Matt Heininger" (2332073216)

00:12:32.189 --> 00:12:37.709

Uh, let's talk about a 5 step treatment plan, so, particularly in.

71 "Matt Heininger" (2332073216)

00:12:37.709 --> 00:12:41.489

A board certified behavior analyst, such as myself.

72 "Matt Heininger" (2332073216)

00:12:41.489 --> 00:12:51.659

Uh, looks to consume literature to become increasingly more, um, competent, uh, and, uh, establish their expertise with sleep.

73 "Matt Heininger" (2332073216)

00:12:51.659 --> 00:13:06.599

Now, this was developed by Jen Hanley, and in 2013, it is a 5 step treatment plan that we're really going to waltz through here. Today. Number 1 is developing an ideal sleep schedule.

74 "Matt Heininger" (2332073216)

00:13:06.599 --> 00:13:26.599

So you'll want to not only collaborate with your respective disciplines, pediatricians specialists and communicate as a family to define what is the best for the child's needs and most importantly can the family support that? Right? So if you're starting bedtime, it's 7 or 7, 30.

75 "Matt Heininger" (2332073216)

00:13:26.599 --> 00:13:43.349

And 1 of the individuals in the family home mom, or dad, maybe has a job where they get home around that time. Uh, these are factors to consider to ensure that there can be a high degree of follow through when you not only develop. But establish the ideal sleep schedule.

76 "Matt Heininger" (2332073216)

00:13:43.349 --> 00:13:48.509

2, you'll want a routine eyes, your nighttime routine.

77 "Matt Heininger" (2332073216)

00:13:48.509 --> 00:13:56.639

It is a series of activities and events that are fixed in elastic solidified and set in stone.

78 "Matt Heininger" (2332073216)

00:13:56.639 --> 00:14:07.979

I've been alluding to bath time and wind down time. That would be, you know, with minimal fluctuation. That time is at 6:30:and. It doesn't move. It doesn't slide. It doesn't shift.

79 "Matt Heininger" (2332073216)

00:14:07.979 --> 00:14:22.139

Line down time, being at 7 maybe 7:10:but minimal fluctuation. You have these very fixed set in stone, nighttime routines that you establish and your routine on step number 2.

80 "Matt Heininger" (2332073216)

00:14:22.139 --> 00:14:26.189

Number 3, you want to optimize bedroom conditions.

81 "Matt Heininger" (2332073216)

00:14:26.189 --> 00:14:34.679

There's a wealth of literature across various sciences that identify factors that are highly compatible with improving sleep, which will go over.

82 "Matt Heining" (2332073216)
00:14:34.679 --> 00:14:39.059
Step 4 is regularize the sleek dependencies.

83 "Matt Heining" (2332073216)
00:14:39.059 --> 00:14:47.369
Find those and establish the observable characteristics for which your child needs sleep and regiment that routine those strong sleep schedules.

84 "Matt Heining" (2332073216)
00:14:47.369 --> 00:14:52.229
And then step 5 addressing sleep, interfering behavior.

85 "Matt Heining" (2332073216)
00:14:52.229 --> 00:15:00.869
As I said, this 5 step treatment plan is going to be a really central to the rest of the slides. Uh, as we go through it step by step.

86 "Matt Heining" (2332073216)
00:15:00.869 --> 00:15:23.419
All right, so our portion here is now our behavioral assessment, what can your BCBA, your board certified behavior analyst, the clinical supervisor that oversees, or will oversee your child's a therapy program? What can we do to be of service as you navigate this?

87 "Matt Heining" (2332073216)
00:15:23.419 --> 00:15:28.799
These horizons, so to address is to assess.

88 "Matt Heining" (2332073216)
00:15:28.799 --> 00:15:32.399
Hot and dry, so.

89 "Matt Heining" (2332073216)
00:15:32.399 --> 00:15:36.419
What we want to do is employ a series of methods.

90 "Matt Heining" (2332073216)
00:15:36.419 --> 00:15:43.529
To help identify and eliminate interfering behaviors or any environmental cues.

91 "Matt Heining" (2332073216)
00:15:43.529 --> 00:15:51.809
And once we identify those, those are the factors that will reduce the likelihood of falling asleep.

92 "Matt Heining" (2332073216)
00:15:51.809 --> 00:15:59.159

So, that's what we want to identify. What is it that is impeding on your child's ability to crash.

93 "Matt Heininger" (2332073216)

00:15:59.159 --> 00:16:13.199

Now, we employ various clinical assessment tools to identify problematic behaviors. It can be a behavioral interview during a visit that we have, or a planned visit to focus on your concerns related to sleep.

94 "Matt Heininger" (2332073216)

00:16:13.199 --> 00:16:33.199

There was a sleep assessment in treatment tool that was developed by Dr Gregory handling that is more structured and allows for the clinician to screen based off of a series of questions how to identify those variables. Examples can be, uh, all right. There's a little bit too much sugar before bedtime.

95 "Matt Heininger" (2332073216)

00:16:33.199 --> 00:16:42.719

It could be noncompliance with night routine the minute. I say, hey, buddy, it's time for bath. He runs to the other side of the house and tries to hide from me.

96 "Matt Heininger" (2332073216)

00:16:42.719 --> 00:16:46.169

Uh, it can identify factors such as night waking.

97 "Matt Heininger" (2332073216)

00:16:46.169 --> 00:16:55.259

You know, consistently my child wakes up at around 2:00:a m and there's nothing I can do about it. I'm at a loss and it's driving us into the ground.

98 "Matt Heininger" (2332073216)

00:16:55.259 --> 00:17:02.459

Now, in ABA, particularly for those attending, who have already obtained our services.

99 "Matt Heininger" (2332073216)

00:17:02.459 --> 00:17:06.089

Observation is king queen they them.

100 "Matt Heininger" (2332073216)

00:17:06.089 --> 00:17:26.089

So, direct observation is always encouraged if possible that's not necessarily in jokingly staying throughout the nights and pitching a 10th outside of your child's room, but particularly observing the routine itself. The bath time, the wind down time the reading of the book. Um, the.

101 "Matt Heining" (2332073216)
00:17:26.089 --> 00:17:30.629
Series of 6 steps leading into the sleep.

102 "Matt Heining" (2332073216)
00:17:30.629 --> 00:17:41.519
That's something that we likely would to observe. And if we can't, uh, we do scale and lengthen the interview process, um, with a series of of things that you can do.

103 "Matt Heining" (2332073216)
00:17:41.519 --> 00:17:50.879
Now, the expectations of the parent and caregivers, whether observation is involved or not is journaling.

104 "Matt Heining" (2332073216)
00:17:50.879 --> 00:18:05.849
Memory, uh, human memory is faulty in form, so we don't want to wait and rely on just our thought process. We want to jot things down as quickly as it happened. So journaling there are ABC narrative logs.

105 "Matt Heining" (2332073216)
00:18:05.849 --> 00:18:19.469
Uh, there is timestamping your sleep routines. So when did they fall asleep? When did they wake up in the morning and to the best of your ability if they woke up in the middle of the night? When was that? Approximately.

106 "Matt Heining" (2332073216)
00:18:19.469 --> 00:18:39.469
What we do with time stamping is we look at the time in which they fell asleep and wake up and we look at the other supplemental factors. What did they eat for dinner? Did they have that dessert at 6:30:uh? Right before? Bedtime at 7. so, we look at some of the correlational events.

107 "Matt Heining" (2332073216)
00:18:39.469 --> 00:18:42.599
And time stamping can be very, very beneficial.

108 "Matt Heining" (2332073216)
00:18:42.599 --> 00:19:03.799
Now, once baseline has been established, this allows for your board certified behavior analyst, anybody within the scope of ABA, to rule in and rule out recommendations across disciplines and begin treatment through a very integrative lens. And what that means is collaborating with the pediatrician.

109 "Matt Heining" (2332073216)

00:19:03.799 --> 00:19:16.889

Reviewing the report and having a touch point with these sleep specialist, the neurologist or whether or not the sleep problems are within the scope of ABA, or whether we need to refer and guide you to other providers.

110 "Matt Heining" (2332073216)

00:19:19.889 --> 00:19:27.899

All right, so we are rocking and rolling here. Let's discuss some of the treatment strategies.

111 "Matt Heining" (2332073216)

00:19:27.899 --> 00:19:43.079

So, the results of these assessments will indicate whether variables identified, as I said, require ABA support, uh, a referral to another medical professional and, or potentially both.

112 "Matt Heining" (2332073216)

00:19:43.079 --> 00:19:47.879

Medical consultation can include your pediatrician.

113 "Matt Heining" (2332073216)

00:19:47.879 --> 00:20:06.569

Neurologists bio feedback and other sleep specialists. There are doctors, uh, pediatricians that go to workshops and their continuing education is in sleep. Uh, and in, um, in your local area, uh, there's a myriad of of sleep specialists as well.

114 "Matt Heining" (2332073216)

00:20:10.799 --> 00:20:30.799

Now, treatment strategies, uh, another disclaimer, the strategies discussed are not recommendations, uh, the takeaways from this can be idea brewing, uh, that you can go over, uh, with your respective counterpart, whoever that might be, uh, while you seek and attain, um.

115 "Matt Heining" (2332073216)

00:20:30.799 --> 00:20:34.079

Personal assistants, ABA, and beyond.

116 "Matt Heining" (2332073216)

00:20:34.079 --> 00:20:39.839

So 1 of the treatment strategies is identifying the right sleep schedule.

117 "Matt Heining" (2332073216)

00:20:39.839 --> 00:20:50.399

Right. Everybody is different. Uh, so you want to identify what are the most ideal time frames for us to regiment this sleep schedule.

118 "Matt Heining" (2332073216)

00:20:50.399 --> 00:21:02.159

We'll discuss fading naps. There is some readiness and certain ages in which you want to start speculating and deliberating whether it's best to start fading apps.

119 "Matt Heining" (2332073216)

00:21:02.159 --> 00:21:09.179

We'll go over environmental modifications and those ideal bedroom conditions as well.

120 "Matt Heining" (2332073216)

00:21:09.179 --> 00:21:13.379

Number 4, there were reward systems.

121 "Matt Heining" (2332073216)

00:21:13.379 --> 00:21:33.379

They can increase adherence tonight, time routine. Uh, I know many of you might be thinking, what do you mean? I'm not giving my child has tablet right before. Bedtime and certainly, I am not. I'm not recommending that either but there are some pretty savvy and evidence based tactics that have been proven to be helpful in increasing the.

122 "Matt Heining" (2332073216)

00:21:33.379 --> 00:21:46.919

Compliance and adherence to nighttime routines number 5 we'll talk about redirection blocking in bedtime passes as well. These are the 5 most prevalent strategies to assist.

123 "Matt Heining" (2332073216)

00:21:51.809 --> 00:21:57.599

All right? All right so identifying sleep schedules.

124 "Matt Heining" (2332073216)

00:21:57.599 --> 00:22:08.219

And so 1 of the recommendations, pardon me? Not the recommendations but what to consider while you seek the consultation of a related professional.

125 "Matt Heining" (2332073216)

00:22:08.219 --> 00:22:14.429

You want to set the sleep routine slightly later than regular bedtime.

126 "Matt Heining" (2332073216)

00:22:14.429 --> 00:22:18.869

Why is this? We'll want to make sure.

127 "Matt Heining" (2332073216)

00:22:18.869 --> 00:22:29.009

That the child is fatigued to guarantee that he's responsive to the routine. It eliminates a chance where they are too awake and not ready

to go down.

128 "Matt Heining" (2332073216)

00:22:29.009 --> 00:22:38.579

So, what you'll want to do when you start, this is you're gonna want to stagger your bedtime routine a little bit later.

129 "Matt Heining" (2332073216)

00:22:38.579 --> 00:22:58.199

In the night, and then you want to gradually transition your sleep phase earlier until the desired bedtime is achieved. This is from PR, 1991, which is a little dated, but there's been a barrage of research replicating and proving this.

130 "Matt Heining" (2332073216)

00:22:58.199 --> 00:23:12.449

so an example would be ideally based off of the family values the norms the degree of follow through from mom dad grandmother stakeholder caregiver whoever's involved to be seven zero pm

131 "Matt Heining" (2332073216)

00:23:12.449 --> 00:23:26.219

The example here would indicate maybe you start the regular bedtime. It's 7:30: or maybe 8 o'clock to have an airtight guarantee that your child is actually tired.

132 "Matt Heining" (2332073216)

00:23:26.219 --> 00:23:34.169

A misconception is that a child doesn't identify their bodily needs on when they are, uh, tired.

133 "Matt Heining" (2332073216)

00:23:34.169 --> 00:23:50.939

More often than not that is irrefutably false children rationalized staying up because of the dopamine impulses of all of the rewarding and gratifying activities they're doing while they're awake. So it's really a choice that they have.

134 "Matt Heining" (2332073216)

00:23:50.939 --> 00:24:10.939

Now, kids, whether they can communicate fully or not, uh, that might not be expressed to you directly. But nevertheless, um, a child does identify, uh, the hallmark characteristics of when they are fatigued and to go to bed. So, staggering it to 8:00: p M, is gonna create increased certainty that they.

135 "Matt Heining" (2332073216)

00:24:10.939 --> 00:24:16.979

They're going to be receptive to the bath time. The nighttime wind down so on and so forth.

136 "Matt Heining" (2332073216)

00:24:16.979 --> 00:24:36.979

Once you've established an improvement, you'll work with your, uh, consultants and your professionals on then moving up the nighttime routine 15:20:minutes at a time. So, if we go from 8:00:p M, we would then once we get a a strong habit going.

137 "Matt Heining" (2332073216)

00:24:36.979 --> 00:24:47.249

And there is increased, uh, amount of nights where the child is falling asleep, you would want to stagger it back to then 745.

138 "Matt Heining" (2332073216)

00:24:47.249 --> 00:24:51.329

2732 then 715.

139 "Matt Heining" (2332073216)

00:24:51.329 --> 00:25:01.619

But then 7:00:p M, because you want to condition a strong regimen and adherence to the routine and then you want to back end it.

140 "Matt Heining" (2332073216)

00:25:01.619 --> 00:25:06.269

Why is that is humans we can.

141 "Matt Heining" (2332073216)

00:25:06.269 --> 00:25:10.199

Engineer and contrive an environment.

142 "Matt Heining" (2332073216)

00:25:10.199 --> 00:25:13.829

That allows for us to sleep at certain times.

143 "Matt Heining" (2332073216)

00:25:13.829 --> 00:25:33.829

So, anybody here much like myself as an adult, probably somewhat dependent on a form of caffeine whether that's tea. Whether it's a coffee. I am staring at a glass of coffee now, but if we wanted to go to sleep earlier, for example, to catch a flight or an early morning meeting.

144 "Matt Heining" (2332073216)

00:25:33.829 --> 00:25:40.649

We can maybe taper off our 2nd cup of coffee, mid day, increasing the likelihood that we can fall asleep earlier.

145 "Matt Heining" (2332073216)

00:25:40.649 --> 00:26:00.649

So, when we move the child's routine from 8:00:p M, to 745 to 7:30:to,

7, that's why the journaling of the foods and the sugars are so imperative to make sure that we can engineer that same sort of environment and create various arrangements throughout the day to ensure that.

146 "Matt Heining" (2332073216)

00:26:00.649 --> 00:26:11.699

the child goes to bed at a seven zero pm or whatever the ideal sleep schedule is so what takes place at two zero pm three zero pm five pm and dinnertime does cascade that influence

147 "Matt Heining" (2332073216)

00:26:11.699 --> 00:26:22.349

Bullet point number 3 below here you will want to consider fading midday naps if your child is older than 3 and.

148 "Matt Heining" (2332073216)

00:26:22.349 --> 00:26:29.579

Wakes up consistently in the middle of the night or struggles falling asleep at desired times at night.

149 "Matt Heining" (2332073216)

00:26:29.579 --> 00:26:50.719

I've worked with a lot of families over the course of my time addressing sleep and a lot of the time, uh, what is reported to me is, well, the naps initially were very beneficial, uh, as part of the age of the child. But now it is a crutch that is now.

150 "Matt Heining" (2332073216)

00:26:50.719 --> 00:26:55.319

Feeding on my child's ability to stay awake or to stay asleep throughout the night.

151 "Matt Heining" (2332073216)

00:26:55.319 --> 00:27:11.639

So, what the initially became part of the plan now becomes a cursed crutch in your routines. So, if older than 3 waking up, consistently in the middle of the night are struggling to fall asleep. Uh, it is time to work with your professionals to fade those naps.

152 "Matt Heining" (2332073216)

00:27:17.249 --> 00:27:30.899

All right, we now have our environmental modifications. How do we modify our activities in our pursuit of routine, sleep schedules and creating emphasis within the night routines.

153 "Matt Heining" (2332073216)

00:27:30.899 --> 00:27:34.739

So, the 1st line of business for everybody.

154 "Matt Heininger" (2332073216)

00:27:34.739 --> 00:27:38.819

If you have not established a night routine, you should do so.

155 "Matt Heininger" (2332073216)

00:27:38.819 --> 00:27:43.559

So, establish a night routine, if you have not already.

156 "Matt Heininger" (2332073216)

00:27:43.559 --> 00:27:55.979

And then, within that night routine, that fixed set in stone series of events that do not move or fluctuate, you're gonna want to shift from activities that are active.

157 "Matt Heininger" (2332073216)

00:27:55.979 --> 00:28:02.639

2 activities that are passive, and we'll discuss what that what that what that is.

158 "Matt Heininger" (2332073216)

00:28:02.639 --> 00:28:11.549

So, inactive, uh, activity would be, uh, playing hide and seek with, uh, a brother sister or siblings.

159 "Matt Heininger" (2332073216)

00:28:11.549 --> 00:28:15.629

Uh, a mere 15:20:minutes before having to go to bed.

160 "Matt Heininger" (2332073216)

00:28:15.629 --> 00:28:35.629

Right. Uh, activity, uh, any form of exercise increases dopamine alertness uh, and there's a lot of, um, neurological considerations. Uh, you don't want to have your child engaging in activities that are going to increase alertness right before engaging an activity that requires, uh, that does.

161 "Matt Heininger" (2332073216)

00:28:35.629 --> 00:28:39.149

Not require alertness, such asleep.

162 "Matt Heininger" (2332073216)

00:28:39.149 --> 00:28:47.879

You can use visual slash picture schedules if needed to queue the child on what are largely house rules.

163 "Matt Heininger" (2332073216)

00:28:47.879 --> 00:28:56.459

House rules and clear expectations right? So we're not doing iPad or playing hide and seek, but you can maybe draw.

164 "Matt Heining" (2332073216)

00:28:56.459 --> 00:29:02.159

And you can reflect that in a, in a visual picture schedule.

165 "Matt Heining" (2332073216)

00:29:02.159 --> 00:29:09.119

You'll want to front load, exercise and baths earlier in the routine.

166 "Matt Heining" (2332073216)

00:29:09.119 --> 00:29:18.359

Right. And most importantly the sub bullet point on number 3, you're going to want to minimize the rush between activities within the routine.

167 "Matt Heining" (2332073216)

00:29:18.359 --> 00:29:24.389

You've been hearing me thump this example ad nauseum, uh, for 30 minutes here.

168 "Matt Heining" (2332073216)

00:29:24.389 --> 00:29:29.219

But it is tried and true. 6:30:is bedtime.

169 "Matt Heining" (2332073216)

00:29:29.219 --> 00:29:38.399

seven zero pm for example is wind down and then seven thirty lights out and we really try and sue the child and to sleep

170 "Matt Heining" (2332073216)

00:29:38.399 --> 00:29:52.559

Those are 30 minute increments activity by activity. So you really want to perceive your night routine as being an hour to 2 hours before night time. Actually.

171 "Matt Heining" (2332073216)

00:29:52.559 --> 00:30:04.979

And that minimizes the rush between activities any time we're in a rush. Our midgala is firing that is the area of the brain that is fight or flight.

172 "Matt Heining" (2332073216)

00:30:04.979 --> 00:30:09.539

And, uh, it induces a lot of brain activity where a rush.

173 "Matt Heining" (2332073216)

00:30:09.539 --> 00:30:14.939

Also assist with alertness, which we do not want when we're having our child track try to go down.

174 "Matt Heining" (2332073216)

00:30:14.939 --> 00:30:22.109

So, you're going to want to see what are activities that might be a little bit more passive a little bit more calm.

175 "Matt Heininger" (2332073216)

00:30:22.109 --> 00:30:32.909

Those are the activities that you're going to want to embed within your night routine and you're gonna want to give ample time activity by activity to minimize the rush.

176 "Matt Heininger" (2332073216)

00:30:32.909 --> 00:30:45.779

We do not want the oh, my gosh. It's 6:30:Hey 5 more minutes and then we got to brush our teeth and then within 30 minutes, you're doing 4 to 5 activities, and then expecting the child to sleep. That does not set the precedent for success.

177 "Matt Heininger" (2332073216)

00:30:45.779 --> 00:30:53.249

They're going to want to shift from bright to ambient light that gets progressively dimmer.

178 "Matt Heininger" (2332073216)

00:30:53.249 --> 00:31:13.249

If you look at sleep lights, anywhere on Amazon or anything, and once again under the tutelage of a related professional, uh, there's a lot of ambient lights, uh, that can be in the background as a nightlife or even as a readiness light. Right? So, a little bit of light as we wind down a light that gets shut off.

179 "Matt Heininger" (2332073216)

00:31:13.249 --> 00:31:20.069

The child is reliably asleep eyes closed after that, you know, 5:10:15:minute, mark.

180 "Matt Heininger" (2332073216)

00:31:20.069 --> 00:31:30.329

And then the last bullet point here and read a crimson crimson red, we will want to avoid transitions.

181 "Matt Heininger" (2332073216)

00:31:30.329 --> 00:31:36.599

That include highly preferred activities to non preferred aversive events.

182 "Matt Heininger" (2332073216)

00:31:36.599 --> 00:31:43.229

The child perceives going to sleep as being aversive when there are sleep problems.

183 "Matt Heining" (2332073216)

00:31:43.229 --> 00:31:49.859

Particularly for those that display noncompliance when starting your routine, they don't want to go to bed.

184 "Matt Heining" (2332073216)

00:31:49.859 --> 00:31:57.179

Compared to playing hide and seek with brother a little bit more or anything else that might stimulate them in the home environment.

185 "Matt Heining" (2332073216)

00:31:57.179 --> 00:32:16.079

Compared to that nighttime routine is something that I do not want to do. So, as we program engineer and regiment routine, we do not want the cloud 9, iPad tablet time. And then the next activity being, hey, time to go to bed.

186 "Matt Heining" (2332073216)

00:32:16.079 --> 00:32:27.119

You know, the cloud 9 to fall from grace back to reality. I say this symbolically to all that I consult and treat think of it like a ladder.

187 "Matt Heining" (2332073216)

00:32:27.119 --> 00:32:36.509

Right if the number 1 activity is the tablet, which is kind of a universal reward for all kids these days in this technology age.

188 "Matt Heining" (2332073216)

00:32:36.509 --> 00:32:42.809

You're going to want your step down off of 1, petal on the ladder being.

189 "Matt Heining" (2332073216)

00:32:42.809 --> 00:32:48.869

iPad to color, then that next step on the latter color to may be reading.

190 "Matt Heining" (2332073216)

00:32:48.869 --> 00:33:00.539

Then that next step down the ladder, being bath, then wind down time. So you're not jumping off the top of the ladder from a highly I Deluxe.

191 "Matt Heining" (2332073216)

00:33:00.539 --> 00:33:08.009

Highly reinforcing activity to bedtime it's going to want to be gradual and incremental.

192 "Matt Heining" (2332073216)

00:33:08.009 --> 00:33:22.139

So you want to avoid such transitions, other environmental modifications let's talk about those bedroom conditions how you can modify your environment.

193 "Matt Heining" (2332073216)

00:33:22.139 --> 00:33:26.159

Is to consider the following cooler temperatures.

194 "Matt Heining" (2332073216)

00:33:26.159 --> 00:33:31.289

There is a lot a lot a lot of research.

195 "Matt Heining" (2332073216)

00:33:31.289 --> 00:33:41.789

That indicates that the best temperature range being from 60 to 68 degrees Fahrenheit the colder your room is the better.

196 "Matt Heining" (2332073216)

00:33:41.789 --> 00:33:46.829

That ties back to our 1st slide right? In.

197 "Matt Heining" (2332073216)

00:33:46.829 --> 00:33:51.029

You know, the 6,008 hundred's there was no AC.

198 "Matt Heining" (2332073216)

00:33:51.029 --> 00:33:55.919

You know, uh, there was a fire to warm up, um, but we couldn't.

199 "Matt Heining" (2332073216)

00:33:55.919 --> 00:34:08.819

Uh, regulate our environment's temperature back then, like, we can now. Uh, so think of it, the colder, the temperature, uh, the better the sleep, and there is a, uh, biological component to do that.

200 "Matt Heining" (2332073216)

00:34:08.819 --> 00:34:28.819

Now, I'm sure some of you will be like yeah, but what about the power bill? It's definitely something to consider and I don't want any of you guys thinking that if you can't attain this, that you're out of luck. Certainly not the case. Uh, we all have have things to account for it to ensure we maintain a roof over your head, but I would say at minimum, you'll want to.

201 "Matt Heining" (2332073216)

00:34:28.819 --> 00:34:48.819

Experiment with that, uh, because every profile is different, uh, some can sleep in warmer temperatures. Others can't, uh, you know, this is just me so, you know, a rule of thumb not to take away uh, I am Mr.

cold temperature if I'm in anything above 70 75. uh, my sleep is greatly disrupted.

202 "Matt Heininger" (2332073216)

00:34:50.399 --> 00:35:10.399

You're going to want to have minimal lighting now. Indirect lighting is okay many here. Hey, what about the nightlight? Uh, that is fine as long as the nightlife is covered to where there isn't direct access to the light bulb. You're gonna want something that is opaque surrounding the light bulbs. So you don't have that.

203 "Matt Heininger" (2332073216)

00:35:10.399 --> 00:35:20.699

Very strong kind of flash of the light. You want something that's a little bit more dim, minimal and kind of opaque if you will.

204 "Matt Heininger" (2332073216)

00:35:20.699 --> 00:35:29.249

Steady white noise is okay. Uh, as long as the sound patterns do not change.

205 "Matt Heininger" (2332073216)

00:35:29.249 --> 00:35:49.249

So the frequencies, you don't want a high frequency and a low frequency, um, a white noise just a steady, constant of sounds, uh, that are minimal in range. So, the, the bathroom fan, even if it's water droplets, it's just that water droplets. It isn't the favorite song of the child.

206 "Matt Heininger" (2332073216)

00:35:49.249 --> 00:36:09.119

Even if it's a, a low beats permitted in a very light calming sort of song, you won't want song with lyrics. You won't want songs with drum shadows. You're going to want minimal, minimal noise. White noise is best. Um, otherwise sound patterns that do not change.

207 "Matt Heininger" (2332073216)

00:36:09.119 --> 00:36:16.649

And then most importantly, you'll want to remove preferred toys and activities out of sight.

208 "Matt Heininger" (2332073216)

00:36:16.649 --> 00:36:32.759

Now, your child's bed is in their bedroom in that bedroom is a wealth of toys, everything at their finger fingertips to functionally occupy their time independently or to play with their siblings and friends throughout the day.

209 "Matt Heininger" (2332073216)

00:36:32.759 --> 00:36:52.759

So, what I don't want is for people to think, hey, it just needs to be, you know, the bed and, you know, the toys need to be in the play room. I myself don't have access to a play room in my place of residence and I'm privy that for many consuming. There might not be as well. And that is totally, totally fine. I think the centrist perspective as long as what.

210 "Matt Heining" (2332073216)

00:36:52.759 --> 00:36:59.879

Available or more passive activities that is better. So, you know, if a book.

211 "Matt Heining" (2332073216)

00:36:59.879 --> 00:37:10.799

Uh, is nearby or activities that, uh, do not, uh, involve activity or, like, active engagement that is fine.

212 "Matt Heining" (2332073216)

00:37:10.799 --> 00:37:30.799

But if it is a rewarding toy, uh, such as the tablet or a hot wheels, um, a place it with the, you know, automatic batteries that shoot the cars, you know, way off the ramp those are things that you may want to remove, whether it's a play room whether it's the.

213 "Matt Heining" (2332073216)

00:37:30.799 --> 00:37:44.399

Bedroom or whether it's just keeping it in the living room, you will want to remove those preferred toys and activities that promote active engagement because they can be competing and interfere with sleep habits.

214 "Matt Heining" (2332073216)

00:37:48.809 --> 00:37:52.619

All right now the reward systems.

215 "Matt Heining" (2332073216)

00:37:52.619 --> 00:38:04.049

For individuals that are resistant and display problematic behaviors while working through their night routines.

216 "Matt Heining" (2332073216)

00:38:04.049 --> 00:38:08.069

And are highly dependent on reinforcement and rewards.

217 "Matt Heining" (2332073216)

00:38:08.069 --> 00:38:11.400

We may want to consider reward systems.

218 "Matt Heining" (2332073216)

00:38:11.400 --> 00:38:16.230

So particularly for a child.

219 "Matt Heining" (2332073216)

00:38:16.230 --> 00:38:24.270

Uh, where something rewarding and reinforcing, uh, remains motivating across days.

220 "Matt Heining" (2332073216)

00:38:24.270 --> 00:38:35.460

That would be a telltale sign of readiness to potentially collaborate with your professionals on a reward system. That is hey, buddy. If the next 2 days.

221 "Matt Heining" (2332073216)

00:38:35.460 --> 00:38:40.530

Uh, you do good at school we can go to get ice cream on Friday.

222 "Matt Heining" (2332073216)

00:38:40.530 --> 00:38:45.690

Right so the ice cream on Friday, Wednesday, Thursday, Friday.

223 "Matt Heining" (2332073216)

00:38:45.690 --> 00:38:54.120

If that reward is influential and, uh, and effectively motivating across days reward systems might be your pitstop.

224 "Matt Heining" (2332073216)

00:38:54.120 --> 00:39:01.200

You'll want to regiment fixed sleep routines that do not fluctuate as we've made mentioned.

225 "Matt Heining" (2332073216)

00:39:01.200 --> 00:39:19.950

But most importantly, you want to create token charts and 1st, then arrangements to incentivize the adherence to following the time for bad time time to put on our PJs no more iPad. But we can read a book. Let's wind down. Let's go to bed.

226 "Matt Heining" (2332073216)

00:39:19.950 --> 00:39:26.820

So, a very common universal, uh, example, would be a star chart.

227 "Matt Heining" (2332073216)

00:39:26.820 --> 00:39:32.190

And we get 1 star for each activity that we listen.

228 "Matt Heining" (2332073216)

00:39:32.190 --> 00:39:42.210

Uh, on so, if we follow directions to take a path, and we respond to mom and dad within a reasonable time frame to transition and get

started.

229 "Matt Heining" (2332073216)

00:39:42.210 --> 00:39:55.830

That might be 1 start after getting out of bat time and playing with rubber duffys or whatever toys that weren't meant to be in the bath. But they're in the bath anyways. Uh, and now it's time for wind down time.

230 "Matt Heining" (2332073216)

00:39:55.830 --> 00:40:00.240

And then you go to bed to put on pages. That would be a 2nd star.

231 "Matt Heining" (2332073216)

00:40:00.240 --> 00:40:07.200

And a 3rd star and the 4th star, whatever your criteria is is up for debate.

232 "Matt Heining" (2332073216)

00:40:07.200 --> 00:40:17.670

Uh, in collaboration with your board, certified behavior analyst, neurologist, or pediatrician so, for some children, it might be 3 stars.

233 "Matt Heining" (2332073216)

00:40:17.670 --> 00:40:37.670

For others that have more lengthy nighttime routines, it might be 5 stars, uh, the number of stars, uh, there is a scientific approach and nuance into the number of stars. So I wouldn't recommend just well, I do bedtime reading and go to bed. I'm gonna do 3.

234 "Matt Heining" (2332073216)

00:40:37.670 --> 00:40:45.750

1st, I really appreciate everybody's refrain in being educated on this talk while also working with your professionals.

235 "Matt Heining" (2332073216)

00:40:45.750 --> 00:41:05.750

Now, the reward, we know this, we can't give the tablets or, uh, you know, chocolates or whatever a deemed reward is right before bedtime. So, it has to persist until the following morning. And what could that be, uh, your, um.

236 "Matt Heining" (2332073216)

00:41:05.750 --> 00:41:25.750

Is competent in conducting what we call preference and reinforce their assessments uh, the results of those assessments create a hierarchy of what is most valued for the child. Those results can be discussed with you as parents directly. And from there, you can identify a top valued reward.

237 "Matt Heining" (2332073216)

00:41:25.750 --> 00:41:45.750

That is the most practical and doable for the family, and then analyze the arrangement. So, whether it's the following morning, um, watching your the favorite, uh, TV show, um, right before we go to school, or during breakfast time, uh, it could be.

238 "Matt Heining" (2332073216)

00:41:45.750 --> 00:41:51.510

Um, a little, a treasure chest of in a small little 1 dollar army, man.

239 "Matt Heining" (2332073216)

00:41:51.510 --> 00:42:11.510

Uh, you know, it could be something else edible, uh, while we refrained from that, uh, that sometimes does find its place, uh, in the reward system arrangement. So you'll want to work heavily with your board certified behavior analysts, or your clinical supervisors um, uh, to address. Uh, not only the readiness.

240 "Matt Heining" (2332073216)

00:42:11.510 --> 00:42:22.440

Based off of the characteristics that we've discussed, uh, as well as its feasibility, because it's not just about the idea. It's the execution follow through inconsistency.

241 "Matt Heining" (2332073216)

00:42:26.520 --> 00:42:30.000

And then last, but not least we have a bed time pass.

242 "Matt Heining" (2332073216)

00:42:34.170 --> 00:42:38.040

Taking a sip of water here the bedtime pass.

243 "Matt Heining" (2332073216)

00:42:38.040 --> 00:42:45.630

For for those, who night week resulting an increased parental attention and struggles to go back to sleep.

244 "Matt Heining" (2332073216)

00:42:45.630 --> 00:42:49.470

Right. So when you are.

245 "Matt Heining" (2332073216)

00:42:49.470 --> 00:42:57.810

When you wake up and the child says mom, dad, and or just WALTERS over to your room.

246 "Matt Heining" (2332073216)

00:42:57.810 --> 00:43:06.060

That results in a degree of parental attention now, attention can be a maintaining variable.

247 "Matt Heining" (2332073216)

00:43:06.060 --> 00:43:17.790

That persists and affects the child's ability to not only go to bed, but remain asleep or going back to sleep.

248 "Matt Heining" (2332073216)

00:43:17.790 --> 00:43:31.530

So, not only is 1 strategy, sleepless nights for parents on just placing the child back into bed back into bed back into bed. It's hard to sometimes what.

249 "Matt Heining" (2332073216)

00:43:31.530 --> 00:43:41.220

Remain consistent with that. So the degree of parental attention is to be utilized systematically through various treatment plans.

250 "Matt Heining" (2332073216)

00:43:41.220 --> 00:44:00.630

And the bedtime passes 1, that is providing the child a bed time passed to be used as needed after bidding. Good night. It is their way to understand how many requests they are granted to gain the parent's attention.

251 "Matt Heining" (2332073216)

00:44:00.630 --> 00:44:06.660

So, what that would be is if on average, your child stays up.

252 "Matt Heining" (2332073216)

00:44:06.660 --> 00:44:10.680

Or wakes up in the middle of the night once or twice.

253 "Matt Heining" (2332073216)

00:44:10.680 --> 00:44:18.900

We may want to give them 1:1 or 2 bad time passes. So that is in the middle of the night. If they know they have a bed time pass.

254 "Matt Heining" (2332073216)

00:44:18.900 --> 00:44:29.100

I can use my 1 bedtime pass right after I did good night to say something to mom or to dad, or to grandma or to whomever.

255 "Matt Heining" (2332073216)

00:44:29.100 --> 00:44:35.340

Now, this bed time pass is encouraged to be used shortly after you bid. Goodnight.

256 "Matt Heininger" (2332073216)

00:44:35.340 --> 00:44:46.650

Right. You don't want to be explicit in saying, hey, whether it's 230 am, uh, you can, you know, you have 1 opportunity to to, uh, you know, to see mommy and daddy.

257 "Matt Heininger" (2332073216)

00:44:46.650 --> 00:44:50.670

But what it does is give them clear expectations.

258 "Matt Heininger" (2332073216)

00:44:50.670 --> 00:45:10.670

Because many of us potentially here today are struggling with the constant 4 or 5:6:times waking up in the middle of the night. And there isn't clarity on how we can queue the child that after this 1 or 2 or 2 times, we're not gonna, um, we're not going to engage with.

259 "Matt Heininger" (2332073216)

00:45:10.670 --> 00:45:31.260

With you while you attempt to fall asleep so if the number of occurrences of getting out of bed is exceedingly higher consider, providing, as I stated in the example, more than 1 bedtime pass initially, then fading out the number each night.

260 "Matt Heininger" (2332073216)

00:45:31.260 --> 00:45:34.740

Right. We all want specificity as humans.

261 "Matt Heininger" (2332073216)

00:45:34.740 --> 00:45:45.510

Right. We all want specificity as humans, and we want to know exactly what and how much we have to do to earn our, uh, our rewards.

262 "Matt Heininger" (2332073216)

00:45:45.510 --> 00:45:57.540

As adults, we know we have to put in X number of hours a week to earn an X, a number of paycheck, an X number of money on your paycheck. Uh, similarly with kids.

263 "Matt Heininger" (2332073216)

00:45:57.540 --> 00:46:04.290

You know, if you want what is rewarding for the hearing now, and that's competing parental attention that interfere with sleep.

264 "Matt Heininger" (2332073216)

00:46:04.290 --> 00:46:14.400

You know, you have 2 instances to have that parental attention much. Like we have X number of days of paid time off.

265 "Matt Heininger" (2332073216)

00:46:14.400 --> 00:46:18.060
So, we want that specificity.

266 "Matt Heininger" (2332073216)
00:46:18.060 --> 00:46:22.500
And as I said, the readiness for bedtime pass, or for those that night week.

267 "Matt Heininger" (2332073216)
00:46:22.500 --> 00:46:35.340
Uh, but there also needs to be a, um, a level of scalability, uh, to comprehend, uh, not only what the bed time pass means, but the number of, uh, bad time passes that are allotted.

268 "Matt Heininger" (2332073216)
00:46:35.340 --> 00:46:44.100
And then the last bullet point below here, a lot of blocking and redirection.

269 "Matt Heininger" (2332073216)
00:46:44.100 --> 00:46:50.310
These are for behaviors that are maintained by parental attention or automatically reinforcing.

270 "Matt Heininger" (2332073216)
00:46:50.310 --> 00:47:00.360
So, if your child is to wake up in the middle of the night, and to go to your room, mommy, mommy, daddy, daddy, granny, granny, or whomever.

271 "Matt Heininger" (2332073216)
00:47:00.360 --> 00:47:16.830
That degree of parental attention is reinforcing, you're going to want to make that exchange as minimal as possible. And a recommendation across various scientific disciplines is summon the child back to their own. Um.

272 "Matt Heininger" (2332073216)
00:47:16.830 --> 00:47:25.560
On bed, and then from there to put them back in their bed and then, you know, fade out as quickly as possible.

273 "Matt Heininger" (2332073216)
00:47:25.560 --> 00:47:40.380
I'm also aware that there are different cultural or family values, uh, where those might be Co sleeping in 1 bed. Uh, that is totally fine as well. Uh, and while it does amend and modify some of these strategies.

274 "Matt Heininger" (2332073216)
00:47:40.380 --> 00:47:44.910
Uh, you know, redirecting, uh, can serve as being beneficial.

275 "Matt Heining" (2332073216)

00:47:49.560 --> 00:47:58.980

The references as far as research are listed in the final slide and then in a timely fashion with, uh, 10 to 12 minutes for questions.

276 "Matt Heining" (2332073216)

00:47:58.980 --> 00:48:07.230

Thank you so so so very much. Um, I know that sleep problems are very, very comprehensive.

277 "Matt Heining" (2332073216)

00:48:07.230 --> 00:48:27.230

Uh, and it is a long road from notifying your pediatrician, uh, to seeking out other professionals for, which it might be helpful and then also the waiting to be able to seek the appointment. But, uh, uh, treating sleep problems are within the scope of ABA, in supplement with other.

278 "Matt Heining" (2332073216)

00:48:27.230 --> 00:48:32.610

Professionals, and I hope that this was educational for you all Thank you. Oh, so very much.

279 "Embriano, Alana" (3795984384)

00:48:42.113 --> 00:48:57.510

Thank you so much Matt. Really, really appreciate that. That was a wonderful presentation. Um, I'm just going to allow a couple more minutes for some questions to come in, but I actually had a question for you. Um.

280 "Embriano, Alana" (3795984384)

00:48:57.510 --> 00:49:13.530

So, I know that kids on the spectrum and hits with other issues, like ADHD and such have different sensory sensitivities. Some kids, you know, are under sensitive. Some are oversensitive. And I know. Um.

281 "Embriano, Alana" (3795984384)

00:49:13.530 --> 00:49:33.530

That, um, you know, particularly for those folks that are under sensitive, they require sometimes a lot more sensory input to be regulated and to be calm. And so, and I've seen a lot of recommendations, not just in my practice, but even, like, on and stuff. I see a lot of kind of.

282 "Embriano, Alana" (3795984384)

00:49:33.530 --> 00:49:53.530

Doing different activities, and even, like, kind of exercises and things to regulate before bed and improve sleep. But in my mind, I'm thinking, well, does that qualifies exercise is that gonna ramp them

up? Because some of it is like some jumping and squeezing and things.
And so just kind of wondering about.

283 "Embriano, Alana" (3795984384)
00:49:53.530 --> 00:49:55.121
Your thoughts on that.

284 "Matt Heining" (2332073216)
00:49:55.121 --> 00:50:15.080
Yeah, yeah, great question. And, you know, from my time collaborating,
particularly with, uh, it's largely timing and delivery, um, you know,
when you look at Co, morbid diagnoses, like ADHD what you look at or a
lot of inverse effects. Uh, so.

285 "Matt Heining" (2332073216)
00:50:15.080 --> 00:50:35.080
Quintessential, um, you know, the individual with ADHD drinks coffee
and it actually comes them down and helps them focus a little bit
more. There's the reticular active formation in the brain. And that's
why stimulants, whether it's prescribed medication or caffeine for.

286 "Matt Heining" (2332073216)
00:50:35.080 --> 00:50:38.190
On ADHD individuals kind of.

287 "Matt Heining" (2332073216)
00:50:38.190 --> 00:50:44.970
You know, energetic, and maybe a little bit more impulsive, uh, for
ADHD, it actually calms them down and focuses them.

288 "Matt Heining" (2332073216)
00:50:44.970 --> 00:51:04.970
And that might be pertinent, uh, with the evaluation and
recommendation where exercise can calm down but contrary as well. Uh,
even for humans, it's not recommended to go to the gym at 9 3010
o'clock. It's really the timing and the placement. So, you know,
making.

289 "Matt Heining" (2332073216)
00:51:04.970 --> 00:51:24.970
Ensure that you draw out your nighttime routines, uh, to be more of a
1 to 2 hour journey. And if, uh, exercise is recommended, uh, the good
news is collaboration can help to still through, uh, what is effective
or what could be competing from a, to an occupational therapist or any
other.

290 "Matt Heining" (2332073216)
00:51:24.970 --> 00:51:44.985
Professional, but, uh, yeah, you bring up a great point. Uh, there are
a lot of automatically reinforcing behaviors where the individual

consciously or non consciously recruits and seeks out that input. So it's kind of a song dance and balance, uh, as is kind of everything in line.

291 "Embriano, Alana" (3795984384)

00:51:44.985 --> 00:52:05.210

Thank you so much we do have another question 1 listener asks her son is 15 months old with severe eczema and finding ways to get him to stay in as bed as getting more and more challenging. They say many of these are very helpful and can be implemented in a few more years but you have any.

292 "Embriano, Alana" (3795984384)

00:52:05.210 --> 00:52:10.488

Suggestions on children with monitored autism behaviors and being under 3.

293 "Matt Heining" (2332073216)

00:52:10.488 --> 00:52:30.110

Yeah, and I think, you know, that's where the rule out would would come into play um, the good news is this while, um, you know, while you want to seek out, uh, your pediatrician, um, or any any professional maybe a dermatologist in this, uh, to this, uh, extent.

294 "Matt Heining" (2332073216)

00:52:30.110 --> 00:52:50.110

Uh, you can Journal, you can timestamp. So, you know, the food, the timing of your bedtime routines, uh, you'll want a journal to assess the changes that occur in accordance with the recommendations. So, you know, whether it's.

295 "Matt Heining" (2332073216)

00:52:50.110 --> 00:53:10.110

psab or a bomb, or a cream, uh, you know, when you apply it. Uh, and then, you know, the foods as well is, is to be considered because there is research that shows that foods can compound and exasperate, uh, eczema. Uh, so really journaling and finding kind of what, um, relationship there is.

296 "Matt Heining" (2332073216)

00:53:10.110 --> 00:53:27.327

Between what they're consuming, how they're consuming the timing and the placement and the eczema 15 months is really, really difficult. So, yeah, the, I hope that the consultation of your pediatrician and dermatologist makes headway.

297 "Embriano, Alana" (3795984384)

00:53:27.327 --> 00:53:47.090

Thank you, I will have another question here. Um, and, uh, the listener says we have a great routine, no problem falling asleep, but

our son still gets up nightly and we end up sleeping with him. So we all get some sleep. He's now, 10, how should we best unwind this habit and I just want to piggy back and say, I think that's a.

298 "Embriano, Alana" (3795984384)

00:53:47.090 --> 00:54:03.384

Great question, and it happens with a lot of folks where, because of out of desperation you end up doing things to help, get your kiddos to sleep. And then it becomes a bad habit. And then, you know, that coping strategy becomes a problem as they get older. Now, how do you back out of that? You know, it's tough.

299 "Matt Heininger" (2332073216)

00:54:03.384 --> 00:54:07.090

That's a great question. And then a lot of you said this is, or is.

300 "Matt Heininger" (2332073216)

00:54:07.090 --> 00:54:10.579

The last question, because That'll dictate, you know how lengthy I can be here.

301 "Embriano, Alana" (3795984384)

00:54:10.579 --> 00:54:13.784

I believe it is the last question. So, go for it.

302 "Matt Heininger" (2332073216)

00:54:13.784 --> 00:54:18.960

Okay, awesome. So yes often, um.

303 "Matt Heininger" (2332073216)

00:54:18.960 --> 00:54:38.960

Often everybody's cotton dropped dire straits, right? So, uh, to for them to be, at their best you need to be at your best so it's kind of a way to mitigate a worsening situation it's kind of damage control right? Like, okay. Come and sleep with me. You know, to make sure we can save face for what the rest of the day might look like. When you wake up in the middle of the night.

304 "Matt Heininger" (2332073216)

00:54:38.960 --> 00:54:58.960

It's great to see that he falls or he or she, um, this 10 year old, uh, falls asleep, uh, in the middle of the night when there is night waking there is no finer line between biology, neurology, and what is behavioral and learned right? So, it might be.

305 "Matt Heininger" (2332073216)

00:54:58.960 --> 00:55:11.820

Preferred choice to just sleep with mom and then, you know, with sleep, it really is. The environment needs the biological and it's intertwined. Um, depending on the.

306 "Matt Heininger" (2332073216)

00:55:11.820 --> 00:55:31.820

Skill level, and the ability to respectively comprehend instructions to which, I don't know, uh, this this child might be eligible for what might be a bed time pass or or just parental attention and a, a preferred environment.

307 "Matt Heininger" (2332073216)

00:55:31.820 --> 00:55:47.850

Of your bedroom, so a blanketed strategy that you'll want to take with you and your continued consultation with whomever you have is your team, uh, you know, recreate what he likes about the bed, uh, your bedroom in.

308 "Matt Heininger" (2332073216)

00:55:47.850 --> 00:56:07.850

In his bedroom or her bedroom, so whether they can verbalize their needs or not if you have more of a fluffy down comforter where, you know, the child's is a little bit more thin creates similarities in environments. And then the number 1 rule of thumb, which is why, when I do sleep programs, I.

309 "Matt Heininger" (2332073216)

00:56:07.850 --> 00:56:27.850

Always always recommend for it to be during a winter or summer break or a, a time in which the parents have more liberties, uh, to have sleepless nights. Because, uh, you're not the 1st, 1, who has come to me with this concern. Uh, and, you know, particularly early on, you know, there might be a few sleep.

310 "Matt Heininger" (2332073216)

00:56:27.850 --> 00:56:35.790

Tonight, because largely, uh, what it would be is they wake up, uh, and then, you know, the minute, you.

311 "Matt Heininger" (2332073216)

00:56:35.790 --> 00:56:42.960

Wake up, whether it's immediately with the door creaking or whether it's just waking up and finding your child next to you you then.

312 "Matt Heininger" (2332073216)

00:56:42.960 --> 00:57:02.960

Redirect them back to their bed and redirect them back to their bed and redirect them back to their bed. Whether it's multiple times within 1 night or consecutively across nights uh, to really signal that, uh, mom and dad's bed is really no longer available. So, if if clear.

313 "Matt Heininger" (2332073216)

00:57:02.960 --> 00:57:08.670

Patients are needed that's where that bed time pass can come into play. Um.

314 "Matt Heininger" (2332073216)

00:57:08.670 --> 00:57:28.670

And you can really normalize that trend. Right? So, hey, if you want mommy and daddy, and we're struggling falling asleep or in the middle of the night, as long as it's more earlier than in the in the dead of night. Uh, but if it is that blocking in that redirecting really, really is key uh, early on. There were a lot of negative.

315 "Matt Heininger" (2332073216)

00:57:28.670 --> 00:57:47.880

Side effects, as I said, it does result in sleepless nights for everybody, but it really de conditions what might seem to be the more behavioral component, but it's just that not necessarily a standalone behavior component. So, working in collaboration with other medical professionals.

316 "Embriano, Alana" (3795984384)

00:57:52.098 --> 00:58:11.930

Thank you so much, and I think everybody here for attending, and thank you Matt for providing such useful information again. If you have any questions about the therapies discussed today or questions, we were unable to answer to the time, please contact the autism team by calling the number on the back of your insurance card and a recording will be available.

317 "Embriano, Alana" (3795984384)

00:58:11.930 --> 00:58:27.540

Online at W. W. W. that Cigna dot com backslash autism page once finalized. Um, and I also believe Matt has offered to put his contact information in the chat. If you do feel they need to follow up with him for any specific.

318 "Embriano, Alana" (3795984384)

00:58:27.540 --> 00:58:39.600

Uh, questions again, please make sure to mark your calendars to join us next month on Thursday, February, 8, 2024, where we will be discussing embracing brain based differences in the workplace.

319 "Embriano, Alana" (3795984384)

00:58:39.600 --> 00:58:57.750

Thank you so much have a great day.