



Daylight Saving Sleep Tips for Kids with Autism

While most people barely notice daylight saving time, children with autism may feel the impact much more strongly. These simple strategies can help.

- 1 **Keep wake time consistent.** Even if bedtime drifts, start the day at the same time each morning.
- 2 **Use light strategically.** Expose your child to bright natural light in the morning and dim lights in the evening. Consider blackout curtains for early morning light in the spring.
- 3 **Maintain consistent bedtime rituals.** Bath, reading, gentle music – familiar steps help signal it's bedtime.
- 4 **Power down screens.** Turn off TVs, tablets, and phones at least an hour before bed.
- 5 **Shift meals gradually.** Move dinner or snacks by 10-15 minutes each day until they fit the new bedtime.
- 6 **Encourage daytime activity.** Let your child burn energy through play, movement, or outdoor time - but avoid vigorous activity too close to bedtime.
- 7 **Add sensory supports.** Weighted blankets, white noise machines, or soft comfort items can help your child relax.
- 8 **Use visual schedules and timers.** Show bedtime, wake time, and routine steps visually so your child can anticipate what's next.
- 9 **Celebrate small wins.** Praise effort like lying down on time or turning off lights on time to encourage adaptation.
- 10 **Check the room.** Adjust temperature, fabrics, or lighting. Small changes can make a big difference.
- 11 **Patience is key.** Transitions take time. Praise wins, offer reassurance, and know that setbacks are part of the process.



➔ Turn the page for an easy transition plan.



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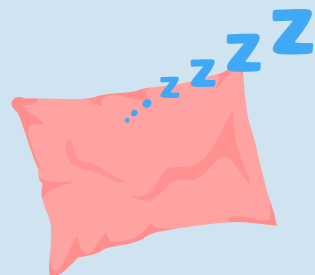


Step-by-Step Autism Transition Plan for Daylight Saving



7-14 days before the clock change:

- ☐ Start shifting bedtime and wake time by 5-10 minutes each day (earlier for spring forward or later for fall back).
- ☐ Add a countdown calendar or visual reminder to prepare your child.

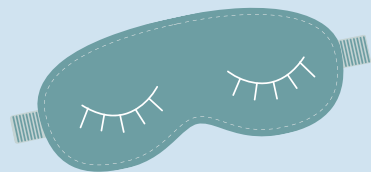


3-5 days before:

- ☐ Adjust bedtime/wake-up by 10-15 minutes each day.
- ☐ Double-check the sleep space (blackout curtains, white noise, comfort items).

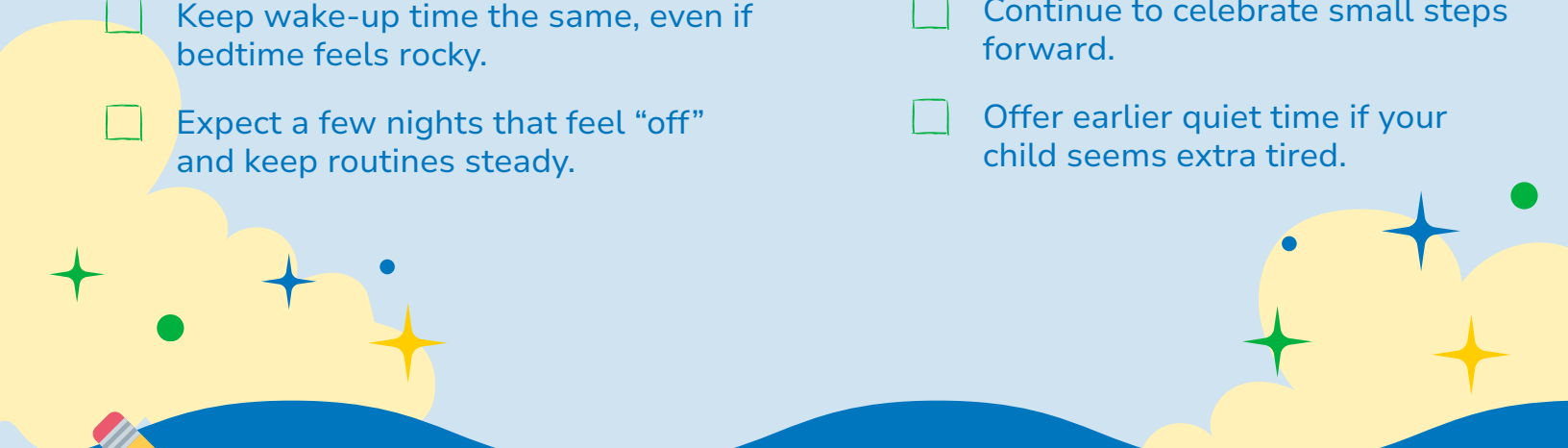
The night before / day of the change:

- ☐ Stick to the regular bedtime routine.
- ☐ Give extra encouragement and praise for flexibility.
- ☐ Maximize morning light exposure to help reset the internal clock.



After the change:

- ☐ Keep wake-up time the same, even if bedtime feels rocky.
- ☐ Expect a few nights that feel “off” and keep routines steady.
- ☐ Continue to celebrate small steps forward.
- ☐ Offer earlier quiet time if your child seems extra tired.



Let us know how we can support you!