

# Sleep Time with Sarah

## Strategies to Improve Your Child's Sleep



### **Sleep Time Objectives:**

- Learn what sleep should look like for children of different ages.
- Gain new ideas to improve your child's sleep.
  - Help your child sleep through the night
  - Reduce night and early morning awakenings
  - Sort out problems at bedtime

### **Who should seek Sleep Time services:**

Parents and caregivers of autistic children who struggle with sleep. Note: If your child has medical sleep problems we are happy to provide you with referrals.

### **Consultant:**

Sarah Hoff, MA, LMHC

Does your child take a long time to settle down for sleep, not get enough sleep, or wake frequently at night?

The UW Autism Center Behavioral Sleep Clinic is now providing **individual meetings** with a mental health therapist for practical strategies to improve your child's sleep.

### **WHAT**

1-hour appointments involving interviews, assessments\*, education, & reflection.

\*Assessments vary based on individual needs.

### **WHERE**

Zoom and/or in-person at UW Autism Center

### **COST**

Billed to your insurance