

winkwell[★]

**sleeping tips
for kids with
ASD & SPD**



your ASD sleep
guidebook

Sleeping Struggles

Bedtime

is different for every single kid, but especially for kids with ASD or SPD.

Studies show that individuals on the spectrum produce **less melatonin**, a naturally occurring compound in the body that helps you to wind down at night-time. Less melatonin can mean **harder bedtimes, less sleep, and moodier mornings.**

As a mom, this can be beyond overwhelming, particularly when it means you get **little to no sleep** while caring for them. But we're here to make sure you're **not alone.**

ASD: autism spectrum disorder
SPD: sensory processing disorder

The Brain

Melatonin

is vital in the body for proper sleep, but it's not the only thing different for kiddos on the spectrum.

✦ **Sensitivities make it difficult** to calm down enough to fall asleep. It's common to be sensitive to tactile, visual, and auditory input. For some kids, they can find it nearly **impossible to simply tune this out**, even the faintest of sounds.



✦ The central nervous system can be **more active for kids on the spectrum**. This means that many of them require specific activities during the day, and without them, their bodies **aren't quite ready to go to bed**. Finding the right balance between too much and too little sensory input can be hard.

The Body

Less sleep

can lead to a series of significant issues in normal life, and that can be extremely harmful for development in young children.

- ★ **Cognitive Performance.** Too little sleep will quickly result in reduced concentration, attention, and memory, impacting a child's ability to learn.
- ★ **Social Skills.** Communication can already be a struggle for those on the spectrum, but less sleep can impact their motivation for social engagement, often replacing it with anxiety and poor impulse control.
- ★ **Attitude & mood.** Irritability goes up, self-esteem goes down, and mood swings become stronger and often. Simply put, better sleep leads to better moods.
- ★ **Tired families.** We've totally been there: your kid not sleeping also means YOUR not sleeping. That means all of the above effects can happen for everyone in your household. This can gradually put a strain on the happy home we all want.

The Solution

So what now?

There are few things to help make the entire bedtime process easier, and just a few small changes can make a monumental difference.

#1. Understand your child's preference for sensory input. Many kids can benefit from pressure on their arms and legs before settling down for bed.

#2. Limit sounds. Small sounds like a TV or a clock ticking can be hard to tune out. Consider a white noise machine or earplugs.

#3. Supplement with melatonin. Because of the crucial role that melatonin plays in being able to fall asleep, kids just simply need it. Since kids with ASD & SPD produce less melatonin, finding the right melatonin could make all the difference.

Kid Sleep Drops

Wink Well

Kids Sleep Drops are dosed precisely for children, providing a safe method for helping your kid to sleep.

As a **sensory friendly product**, they prove to be the perfect companion for families with children on the spectrum. The liquid form makes it easy to take directly, or to **mix it with their favorite drink**.

And with a sweet berry flavored that's **picky-eater approved**, you can feel confident in adding it to your nightly bedtime routine without fighting them to take it. **No more making bedtime a battle for mama.**



The Difference

Sleep

is the **foundation of healthy growth** for kiddos! Kids Sleep Drops help them to get that in a natural, non-habit forming, and drug-free formula.

We know how important it is for your little ones to get proper sleep, but we also know how important it is to give them **only the best** of ingredients.



Kid Sleep Drops give parents the ability to **put sleepless nights to bed**, without risking the safety and health of their child. No junk, no fuss, and developed with the help of a **board-certified MD sleep specialist**.

The Spectrum

✦ Being on the spectrum means that **every kid is unique**, so they may respond differently than others. This guide is designed to help you find the **right way for your kid**, and Kids Sleep Drops is a perfect addition in the process.

✦ Not a chalky tablet, hard-to-swallow pill, or a sugar-filled gummy coating their teeth right before bed, Kids Sleep Drops are great for any kid who may be **sensitive to textures and flavors**, without the fuss.

✦ First and foremost, your **family's health and well-being is our top priority!** Being a mom can be stressful, exhausting, and just downright difficult, especially with learning how to care for your kid with ASD & SPD. We just hope to make it easier to take care of your family in a **safe and natural way** with the right products.





It helps him sleep on sensory overload days. It helps him wind down for the night!

- Noelle W. -



A godsend especially for my SPD son and hyperactive daughter for naps and bedtimes.

- Allyson T. -



I have a daughter (5) who is on the autism spectrum and after a long day of kindergarten these drops are a lifesaver.

- Jenna C. -



SHOP NOW

FAQ's

✦ **Is melatonin habit forming?**

No, Melatonin is naturally produced within the body. We're just giving it a little extra boost to make the smooth transition to sleep.*

✦ **What age is safe to give my child sleep drops?**

Wink Kids Sleep Drops are recommended for ages 3 and up. We recommend checking with your child's healthcare provider for any other questions regarding use.

✦ **Are they safe for kids with special needs?**

We always recommend checking with your doctor first, but have also had many happy reports from parents of special needs kids that our sleep drops have helped their children get some much-needed sleep!

✦ **Can I mix it with something?**

Absolutely, try it mixed with milk, juice, water, or whatever your child's drink of choice is.