

Sleep

<p style="text-align: center;">Changes</p>	<p style="text-align: center;">Watch for [fill in missing information]</p>	<p style="text-align: center;">Support [fill in missing information]</p>
<ul style="list-style-type: none"> • Decreased sound sleep • More likely to wake during the night • Sleep apnea. Increased incidence with Intellectual Disability in general and specifically in Down Syndrome (DS; small upper airway, large tongue, poor muscle tone, overweight) • Symptoms of sleep apnea include: excessive day time sleeping, behaviour issues, declining skills, disruptive sleep patterns, depression, snoring and breathing irregularities while sleeping, irritability, headache • Medication effects 	<ul style="list-style-type: none"> • Day-time • Declining • Decreased • Irrit_____ • De_____ • Head_____ • Snoring and 	<ul style="list-style-type: none"> • Sleep hygiene (i.e. night time routines) such as: <ul style="list-style-type: none"> – avoid stimulating activities – promote calm and relaxation by • No vigorous activity after • Reduce use of • Restrict • Establish a regular • Avoid spicy • Encourage regular • Schedule a