

**The
Advonet
Group**

Providing Independent Advocacy



**Autism
AIM**

Strategies and Resources

Barriers to Sleep and Solutions

Barriers and Things That May Help

Barrier

Body clock – sometimes referred to as circadian rhythm can be out of sync to when we need to sleep e.g., awake at night, difficulty getting up in the morning, napping

Difficulties 'switching off' - those nights when we feel exhausted, but our brain will not seem to quieten down

Solution

Here is some information;
<https://www.sleepfoundation.org/articles/whatcircadian-rhythm>

and tips to change our rhythm;
<https://www.sleepfoundation.org/articles/canyou-change-your-circadian-rhythm>

- Meditation in whatever form works for you (don't set out to clear your mind, for a lot of people that is unrealistic), but sometimes focus on breath and breathing can help to calm
- Experiment and find out what feels right for you

Barrier

Processing the day - those times when we can get stuck in neverending loops of attempting to figure out what happened during our day (this could be replaying interactions or conversations over and over in the minutest of detail)

Anxiety and depression can impact on us getting enough sleep or too much sleep as well as the quality of sleep we experience

Solution

- Writing things down may help 'get it out' of your head
- A prep for sleep calming down routine performed regularly may enable mind and body to recognise when it is time to relax for sleep
- Waking and sleeping at the same time each day

- Exercise helps anxiety and depression and can also improve quality of sleep (just consider the time of day you are exercising)
- Some people find sunrise / sunset lamps / alarms useful

Contact Us



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This guide was produced by the Autism AIM team, part of The Advonet Group. We are a free service co-led by and run for autistic adults (aged 18+) in the West Yorkshire area.