

# Neurodiverse Nights: Supporting Sleep in Autistic Children

August 19, 2025

1:30-3:00pm MT

This session will explore how sleep patterns in autistic children both overlap with and differ from neurotypical development. The presentation will cover evidence-based strategies for improving sleep, including sleep hygiene, behavioral supports, daytime routines, and structured sleep schedules. Practical guidance will also be provided for managing common challenges like night wakings and early morning rising.



## Learning Outcomes:

- A deeper understanding of why autistic children often struggle to fall asleep and stay asleep, including common neurological and behavioral factors
- The ability to identify and personalize a calming, consistent bedtime routine that supports their child's sensory and emotional needs
- Guidance on determining the most appropriate and sustainable sleep schedule for their child's individual rhythms and family dynamics
- A realistic, step-by-step plan to begin implementing a healthy sleep routine that balances structure with flexibility and sets the stage for long-term success

## Speakers:

Jennifer Ference-Belhomme, PhD, Registered Psychologist in Alberta working in my own private practice, Azalea Child Psychology Services. I also work at the Alberta Children's Hospital, with long term professional ties to the Sleep Clinic there. I have experience working with culturally diverse families, including First Nations. Personally, my husband, his family, and our children, are Metis.



Azalea Child Psychology Services



Target Audience: Parents of children with Autism Spectrum Disorder and practitioners working with these children/their families

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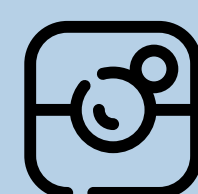
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