

Sleeping Arrangements & Bedtime Routine

Most families with loved ones with rare epilepsy struggle to get the sleep needed each night. This can be very stressful for everyone in the family. Not getting proper sleep makes it difficult to function. You must get up every morning (or several times a night) and keep pushing forward. Doing what we can to standardize bedtime routines can be helpful to obtain the best rest possible. We've said it multiple times throughout this C.A.R.E. Binder because it's true—every family will have their own routines that work best for their family. There is no right or wrong, only what works best for you. The purpose of this form is to document what your family routine entails so that anyone else providing care for your loved one can do their best to care for your loved one as you would.

TIP: Some of our loved ones are prone to nighttime seizures. Make sure you document that information below. Also make sure your [Seizure Action Plan](#) (which can be found in this C.A.R.E. Binder) is readily accessible.

Things always seem to be changing with our loved ones; therefore, feel free to come back to this form and update anytime you feel the need.

Check all that apply:

- ☐ My child sleeps in their own bedroom.
- ☐ My child co-sleeps with another member of the family. Describe below:
- ☐ My child requires nighttime seizure monitoring (see [Medical Equipment](#) section of this C.A.R.E. Binder for more details)
- ☐ My child requires other equipment at night. Describe below:
- ☐ My child wears diapers at night.
- ☐ My child needs to sleep on a mattress protector or Chucks disposable underpad because of incontinence issues.

Bedtime Routine

Use the space below to describe your loved one's bedtime routine. Consider details that help this task go more smoothly. Does your loved one enjoy bedtime or do they fight you when it's time to say goodnight? Does your child require safety or seizure monitoring at night? Does your child have a favorite set of pajamas or special stuffed toy or blanket they like to cuddle up with? Is there a special book you enjoy reading or song you like to sing? What other nightly rituals do you practice with your loved one that makes bedtime special? Details like this might seem silly, but these types of details may provide comfort to your loved one and having that information documented is important. Those assisting with the care of your child will really appreciate being able to provide the same level of thoughtful care that you do on a daily basis.

Bedtime routine details continued...

Use this space to insert a picture(s) and additional information of your loved one's bedtime routine:

Optional: Upload Photo Here	Optional: Upload Photo Here	Optional: Upload Photo Here
Optional: Upload Photo Here	Optional: Upload Photo Here	Optional: Upload Photo Here