

Time-Ordered Agenda

Title: The Sensory Sleep Course: A Holistic Approach to Improving Children's Sleep

Instructor: Rachel Harrington, COTA/L, CPRCS & Jessica Hill, COTA/L, CPRCS, Taylor Asher, OTR/L

Time (minutes)	OT-Specific Content to be Covered	Instructional Methodologies e.g., lecture, case study, discussion, demonstration)
5	Introduction	Lecture
20	Understanding Sleep in Children	Lecture
75	Medical and Physical Considerations	Lecture
60	Daily Habits That Promote Better Sleep	Lecture, Demonstration, Case Study
30	Creating a Personalized Sensory-Friendly Bedtime Routine	Lecture, Demonstration
15	Emotional Supports	Lecture, Demonstration
45	Products and Tools to Support Sleep	Lecture, Demonstration
10	Putting It All Together	Lecture, Demonstration
5	Resources and Research	Lecture
265	TOTAL RUN TIME	4.5 Contact Hours / 0.45 AOTA CEUs