



Case Study

Jamie, 16, Autism Spectrum Disorder

Referral/presenting issues

Jamie, 16, was diagnosed with Autism Spectrum Disorder (ASD) when he was 10 years old. His family advise that he has always had sleep problems, since he was a baby, causing him to wake several times a night, leaving him overtired and struggling to focus on tasks and schoolwork. His mother reports that he has always woken anxious in the night and craves company. He has a fear of the dark, large spaces and being alone and, although his sleep quality is poor year-round, it is worse in summer, as he cannot cope with heat. With this in mind, Jamie has previously been hesitant to use sleep aids such as weighted blankets, as he feared they would cause his body to overheat and the idea of this has created a lot of stress for him. The family self-referred to Fidgetbum, having seen the product online, with Jamie's full agreement to support their efforts with trying a new plan of intervention.

Background Information

Jamie lives with his parents and sleeps in a single high sleeper bed in his own, small room. His mother has previously tried various measures to provide more comfort for Jamie at night, including tents to sleep inside, a special home-made divider curtain for the room, to provide a smaller space to sleep in and numerous different night lights. She would often end up sleeping on the floor in his bedroom to provide the reassurance that he needed to get a few more hours of sleep. Jamie has just started college and his mum is concerned that his lack of sleep is affecting his focus in college and wants to help him.

Assessment

Jamie's sleep pattern was erratic and his bedtime irregular. He reported that he has always found it difficult to settle himself at night, waiting for sleep to find him rather than being able to seek it. Anxiety, linked to his ASD, caused him to wake frequently at night. Jamie's parents had been unsuccessful in finding anything to help him sleep properly to date, despite trying various natural aids to provide comfort for Jamie, across many years.

Plan

Jamie's mum had heard about Fidgetbum via a friend and decided to talk to Jamie about it to see if he would be willing to try it. She reports that after discussing the material it was made from and the reviews on social media regarding how effective it could be, without being too restrictive, Jamie was convinced enough to give it a try. He is also keen to get more sleep to fulfil his potential in college.



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Intervention

Jamie trialled a longer length Fidgetbum and responded really well from the first night of using it. He likes the bottom of the Fidgetbum tucked under the mattress at the bottom, for extra 'tightness' and it has been consistently improving his sleep quality. Instead of laying in bed for hours, waiting to fall asleep, he advises that it now takes about 10 minutes to drop off. If he wakes in the night, Jamie reports that the Fidgetbum helps him settle back to sleep quickly, without intervention from his mum, giving everyone a much better quality of sleep.

Summary

Fidgetbum improved Jamie's sleep immediately. He says, "I've been using my Fidgetbum for about 2 months now and I've noticed it has significantly improved my sleeping experience. It makes sure that I feel safe and secure in my bed and it can be easily adjusted to how I like it. After one night with it, I was used to it and I've used it ever since. Thank you Fidgetbum!"

His mum says, "I liked the idea of Fidgetbum, as it is lightweight and I thought, if Jamie was prepared to try it, that it could work so much better for him than a weighted blanket. He has really loved it and is definitely a lot happier in the day and seems a lot less tired, now that he is sleeping better at night. I love that it's so portable, as it means that it can come with us on holiday too. I would recommend to anyone in the same position as Jamie. It's been an overnight success for us and it's very reasonably priced. Worth every penny".