

Case Study

Oliver, 5, Autism

Referral/presenting issues

Oliver Lippett is five years old and was diagnosed with autism at age two and a half. Oliver has always had sleep issues and hadn't slept through the night since birth. His parents had taken advice from sleep nurses, paediatricians and GPs and Oliver was prescribed melatonin and phenegan. His parents report that although the melatonin helped at first, it soon stopped being effective, even on the maximum dose. Oliver was then prescribed ciradin, which his parents report was making a big difference, but that was stopped due to government cuts. Phenergan was also prescribed but his parents didn't like the effect that it had on Oliver the following day, reporting that he was drowsy, so they used it rarely. Oliver's mum self-referred to Fidgetbum, to support the family with a new plan of intervention.

Background Information

Oliver lives with his parents and older brother, Bobby (13). The household is deeply affected by Oliver's sleep issues and his parents report that their sleep deprivation has put a huge strain on the family. Oliver's father had to leave his job on a building site as he was too tired to safely work at heights and his mother advises that both of their mental health has suffered as a result of lack of sleep. Oliver attends a school for special educational needs, but his sleep issues meant that he was often late for school, as he found it so difficult to get up in the mornings.

Assessment

Oliver's sleep pattern was usually to be awake between the hours of midnight and 6am, leaving both him and his parents exhausted. His older brother's sleep was also affected by Oliver's night waking. Oliver's parents are confident that the sleep environment is safe for him and he can move around the house without hurting himself at night. The stairs have stair gates on to prevent anyone falling down and his parents use night lights on the landing.

Plan

Oliver's mum discovered Fidgetbum on social media and trialled it with Oliver, as she felt she had nothing to lose, as no other sleep aids had previously worked.



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Intervention

Oliver trialled the Fidgetbum, despite his mum having reservations about whether it would work and whether Oliver would be happy to trial it. The first night they trialled the Fidgetbum, Oliver slept through the night, and the same the next night. Oliver no longer takes any medication for sleep. It has also worked for the family whilst away on holiday.

Summary

Fidgetbum has improved Oliver's sleep intake and patterns. He is able to settle quickly and stays asleep all night. His parents report that Oliver is now medication free and regularly gets to school on time, as they no longer have the issues with getting him out of bed in the mornings.

He is also performing better at school. He even goes and gets under his Fidgetbum during the day or after school to self-regulate and help him with sensory overload.

Oliver's mum says: "The difference that Fidgetbum has made to us is literally life changing. We still have the odd bad night, that's just Ollie, but compared to before using the Fidgetbum, our lives are 100% better. I believe that having more sleep has helped us all as a family in so many ways. My husband has been able to get a new job and we are both finally getting sleep! The Occupational Therapist at Ollie's school now recommends it to other parents dealing with similar sleep issues."