
THE 4C MODEL OF HEALTHY SLEEP FOR CHILDHOOD INTERPERSONAL TRAUMA



Calming Evening Environments

- ✓ Reduce noise and lighting throughout the home
- ✓ Engage in calming evening activities
- ✓ Avoid conflict and arguments among family members
- ✓ Limit the use of electronic devices



Consistent, Adequate Schedules

- ✓ Keep bed, wake, and nap times the same every day
- ✓ Ensure sleep schedules permit adequate total sleep
- ✓ Remember time in bed is not the same as time asleep
- ✓ Monitor behavioral indicators of poor sleep



Cues that Signal Sleep

- ✓ Do the same activities in the same order before bedtime every night
- ✓ Help children identify their own sleep cues
- ✓ Create new positive associations around sleep
- ✓ Provide and prompt the use of sleep cues every night



Close Connection

- ✓ Spend quiet time connecting with children before sleep
- ✓ Use verbal and nonverbal communicators of affection, acceptance, and love
- ✓ Focus attention on the child
- ✓ Use affectionate touch as appropriate

The SAFE intervention incorporates and builds on the **4C Model of Healthy Sleep for Childhood Interpersonal Trauma**: a concise tool developed for the many professionals who serve and support foster/kinship/adoptive families. The Model's trauma-informed components are informed by well-established pediatric sleep practices, principles of attachment theory, understanding of the reciprocal relationships between trauma and sleep, and input from caregivers and families. Although not intended to address severe or complex sleep problems/disorders requiring direct intervention services, the 4C Model provides a useful resource that can be introduced on its own or incorporated into other trainings/programs for foster/kinship/adoptive families.