

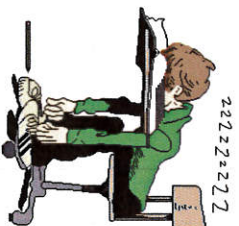
What is Sleep Hygiene?



Sleep Hygiene means establishing a pattern of behaviors (habits) that supports a good night's sleep. Keys to good sleep hygiene are as follows:

- Establish a bedtime "routine" for children.
- A *light* snack is a good idea prior to bedtime
- Take a warm bath
- Put on favorite pajamas
- Watch them brush their teeth
- Read to them once they're in bed
- Make sure the room is quiet and at a comfortable temperature
- Avoid allowing children to fall asleep with the TV on. TV, videos, computer, texting, etc., should stop 30 minutes prior to bedtime. Research suggests that screen time prior to bedtime can lead to difficulty falling and staying asleep.
- Encourage children to sleep alone and fall asleep alone
- If the child awakens during the night, do not go into their bedroom unless absolutely necessary, and do not allow them to come into your room. They need to learn to fall asleep on their own.
- Keep bedtime and wakeup time the same each day---this helps to establish a good "circadian rhythm."

Too Tired To...



Children are sleep-deprived in the US:

- Infants typically get 12.7 hours of sleep (they need 14-15 hours)
- Toddlers get 11.7 hours of sleep (they need 12-14 hours)
- Preschoolers get 10.4 hours of sleep (they need 11-13 hours)
- School-age children get 9.5 hours of sleep (they need 10-11)



And for Adults, Insufficient Sleep is a Public Health Epidemic!

- 43% of adults age 18-24 report falling asleep during the day at least once in the past month
- 35% of adults ages 25-65 report falling asleep during the day at least once in the past month
- Almost 6% of men and 3.5% of women report falling asleep or nodding off while driving during the past month

A Parents' Guide

to Children's

Sleep, from

A to ZZZZZZZ



With information collected from the Child Mind Institute, the Mayo Clinic Health Letter, Mindell's *Clinical Guide to Pediatric Sleep*, the Center for Disease Control & Prevention, and SleepFoundation.org.

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A Good Night's Sleep



When we think about our children's sleep, usually what comes to mind is not necessarily what happens when they sleep, but rather what happens when they *don't* sleep!

Sleep restores us---physically, cognitively, and emotionally. It helps our bodies and minds to function better. It is essential in helping us consolidate and form memories, and has a direct effect on our attention and behavior.

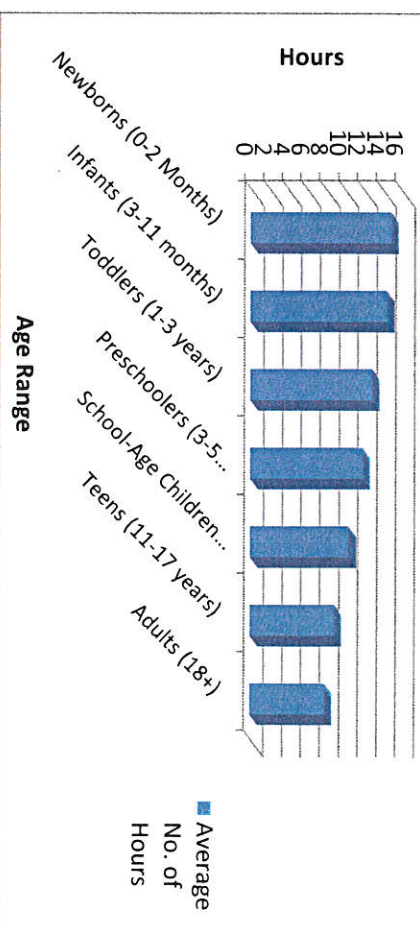
The problems associated with deficient sleep are noticeable and numerous. Reduced sleep leads to reduced performance in school. Kids who don't get enough sleep frequently display behavior similar to those seen in children with ADHD (the symptoms look alike---poor concentration, more easily distracted, more hyperactive/impulsive).

Types of Sleep

There are two alternating types of sleep:

- **Non-Rapid Eye Movement (NREM).** During NREM Sleep, also known as "quiet sleep", blood supply to the muscles is increased, energy is restored, tissue growth and repair occur, and important hormones are released for growth and development.
- **Rapid Eye Movement (REM).** During REM sleep, or "active" sleep, the brain is active and dreaming occurs. The body becomes immobile, and breathing and heart rates are irregular.

How Much Sleep Do We Need?



General Tips for a Child's Good Night's Sleep

Infants

- Have a regular daytime/bedtime schedule
- Have a consistent and pleasant bedtime routine
- Have a "sleep friendly" setting

Toddlers & Preschoolers

- Have a regular daytime/bedtime schedule
- Have a consistent and pleasant bedtime routine that ends with the child in bed
- Have a "sleep friendly" setting---cool, quiet, dark, and NO TELEVISION!

School-Age Children & Teens

- Maintain a regular daytime/bedtime schedule
- Keep a consistent and pleasant bedtime routine
- Have a "sleep friendly" setting---cool, quiet, dark, and NO TELEVISION, COMPUTERS, TABLETS, etc.
- Avoid caffeine
- Teach children about good sleep hygiene