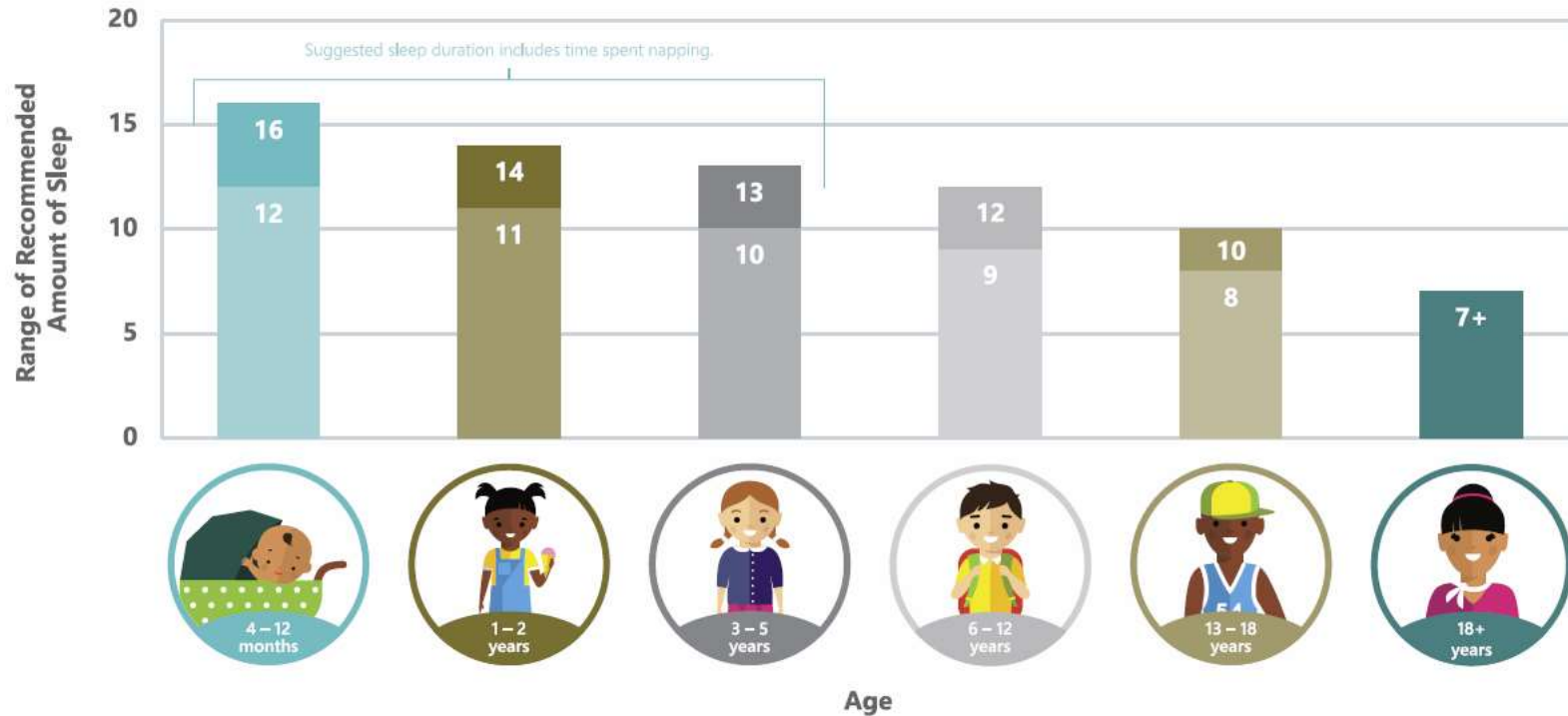


Healthy Sleep Duration

The American Academy of Sleep Medicine recommends that you get the following hours of sleep on a regular basis for optimal health at each stage of life.



SleepEducation.org

A sleep health information resource by the American Academy of Sleep Medicine



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Evaluation

- Thorough history!
- **BEARS**
 - **B**edtime Problems
 - **E**xcessive Daytime Sleepiness
 - **A**wakenings during the night
 - **R**egularity and duration of sleep
 - **S**nororing
- PMH, ROS, Meds, Family/Social Hx, PE

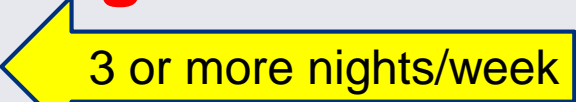


Case

- 5 year old with daytime inattention
 - Kindergarten teacher complains he has difficulty focusing
 - Snores nightly
 - Enlarged tonsils
 - Gave up naps at age 3 but will fall asleep in the car on the way home from school the last 3 months



Case

- 5 year old with daytime inattention
 - Kindergarten teacher complains he has **difficulty focusing**
 - Snores nightly  3 or more nights/week
 - Enlarged **tonsils**
 - Gave up naps at age 3 but will fall asleep in the car on the way home from school



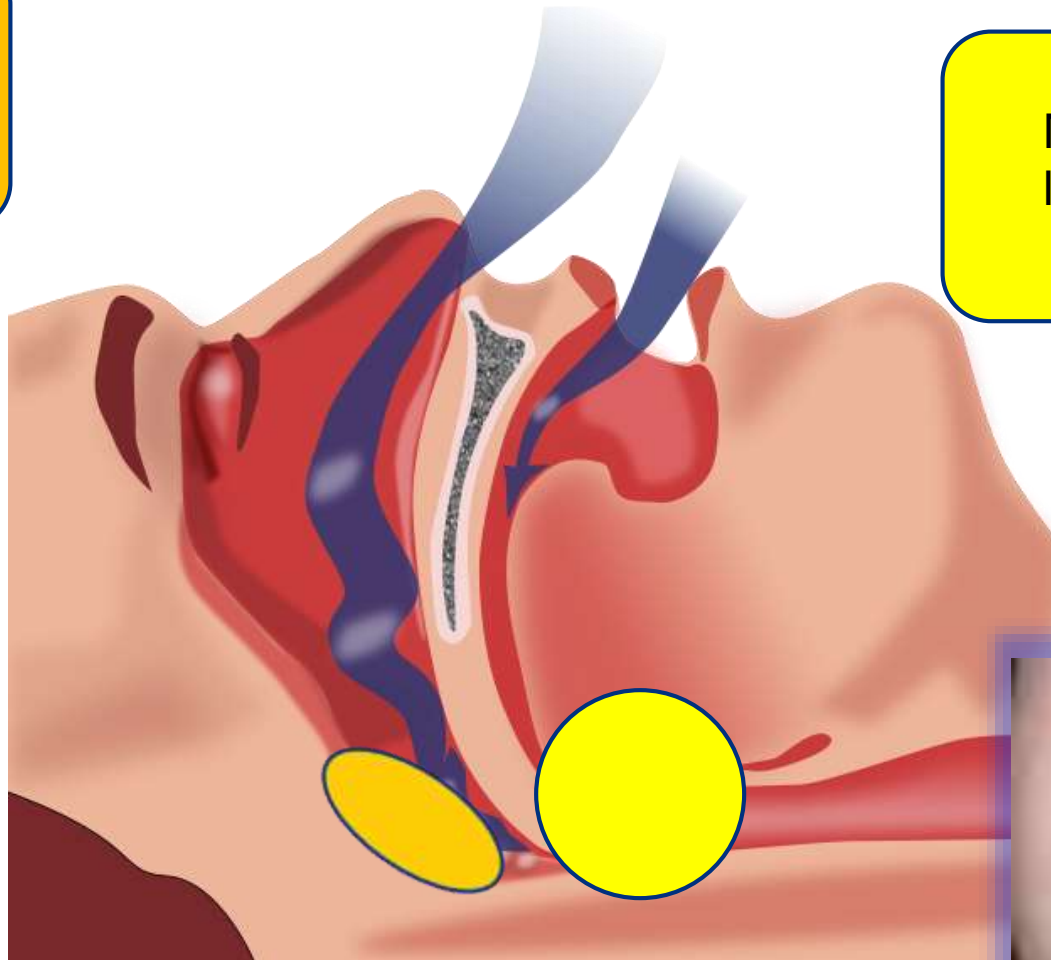
Kids are less likely to be sleepy



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Most symptoms are in the early morning hours

May not have loud snoring



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Credits to **Habib M'henni** / Wikimedia Commons

Case

- 9 year old girl complains of “bugs” at night
 - Delays sleep onset
 - No family history of restless legs except when mom was pregnant
 - Low iron

Restless leg syndrome

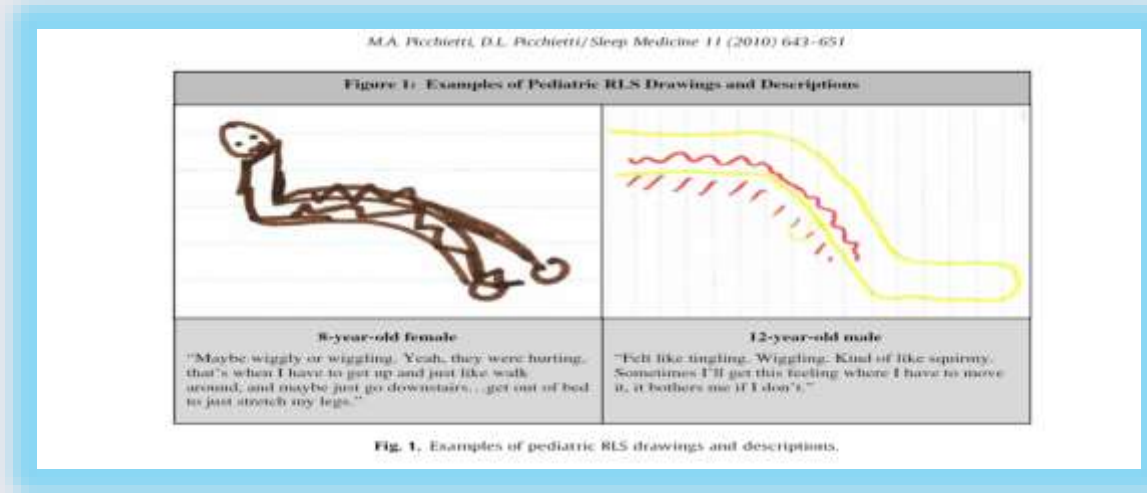
- Urge to move the legs (usually uncomfortable)
- Symptoms begin or worsen during rest or inactivity
- Relieved by movement.
- Exclusively or predominantly in the evening/night.
- Not solely accounted for by another medical or behavioral condition.

Picchiatti, et al. Sleep Med **14**(12): 1253-1259.

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Impact of RLS

- Mood
- Cognition
- Anxiety
- ADHD
- Depression
- Impact sleep



Picchiatti, et al. Sleep Med 14(12): 1253-1259.

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Case

- 2yo girl “never” a good sleeper
- Falls asleep with mother lying next to her
- Frequently awakens crying and can only fall back to sleep with mother in bed

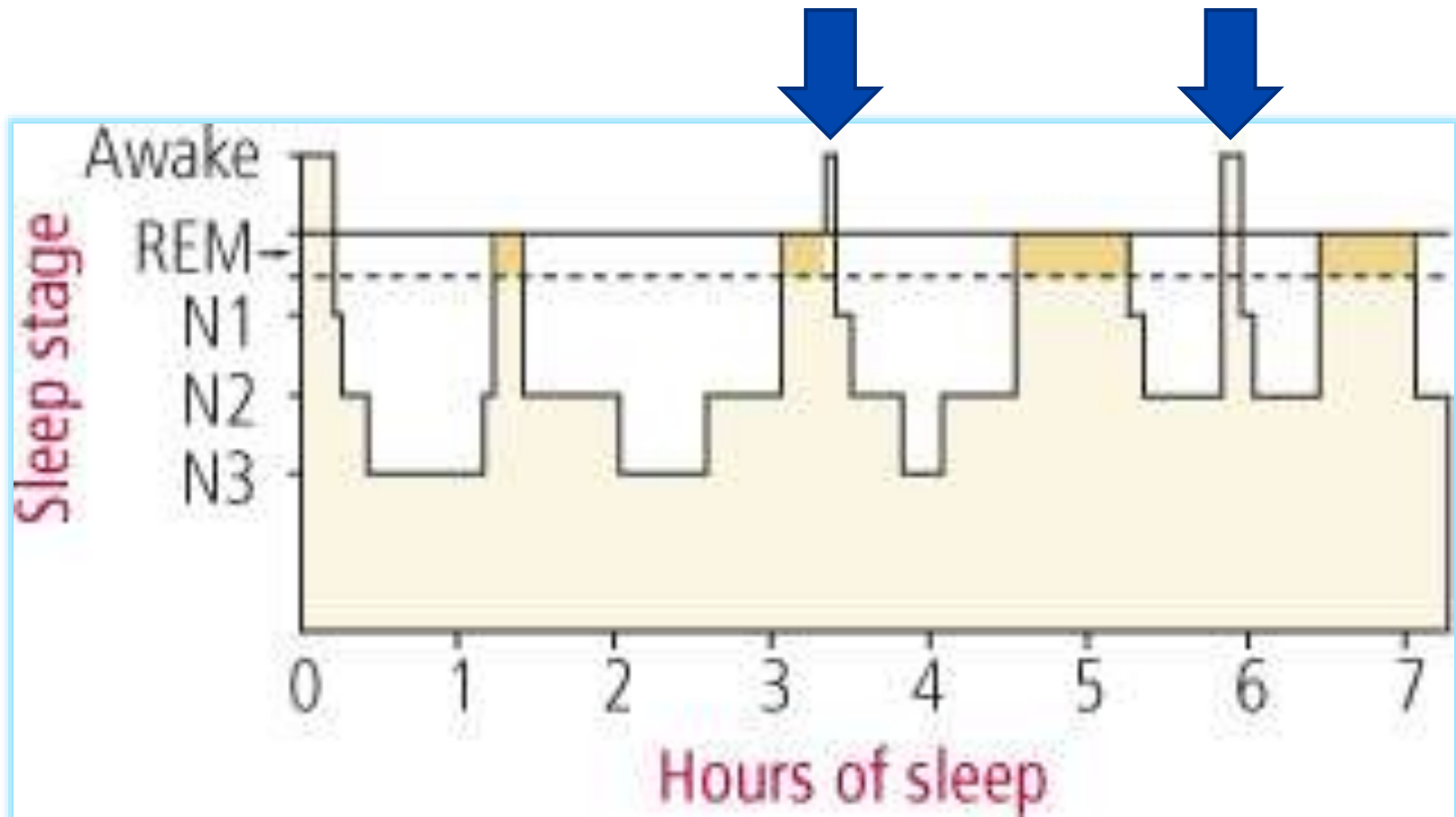
Behavioral Insomnia, Sleep-Onset Association Type

- Most common cause of sleeplessness in toddlers
- Frequent nightwaking
- Dependent on specific stimulus from caregiver to fall asleep



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What is the best kept secret in sleep . . . ?



Behavior Modification

- Graduated Extinction
- Fading
- Sleep hygiene
- Prevention is Key!
 - *“Always put your baby to bed drowsy, not asleep.”*

Behavioral Insomnia, limit setting type “Curtain Calls”

I need a
drink

I am hungry

I have to go
potty, again

I need a
kiss

Now I need to
be covered up,
have a hug,
and a kiss

I have to go
potty

I need a
kiss and
hug

ed a hug

I have an
“owie”

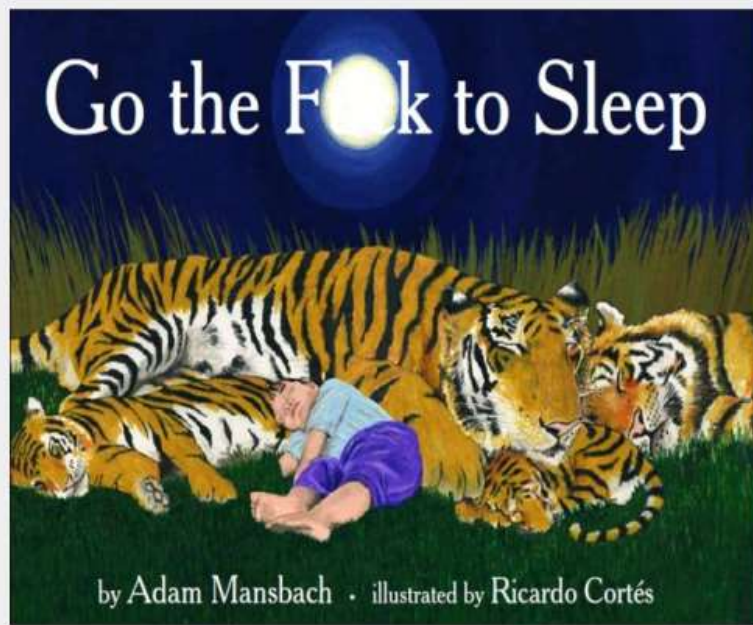
“something”
hurts

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GENTLE PROVEN SOLUTIONS TO HELP YOUR CHILD SLEEP WELL AND WAKE UP HAPPY

KIM WEST, LCSW-C
WITH Joanne Kenen



by Adam Mansbach • illustrated by Ricardo Cortés

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HEALTHY

3rd Edition
Completely revised
and expanded!
With a new Introduction
by the author

P

ITS,

PHY

A
step-by-step
program for a
good night's
sleep

CHILD



"I love Dr. Weissbluth's philosophy that the most important thing to have is a well-rested family. And fortunately, thanks to this book, most days (and nights) we do!"
—from the Foreword by CINDY CRAWFORD

Marc Weissbluth, M.D.
Author of *Your Fussy Baby*

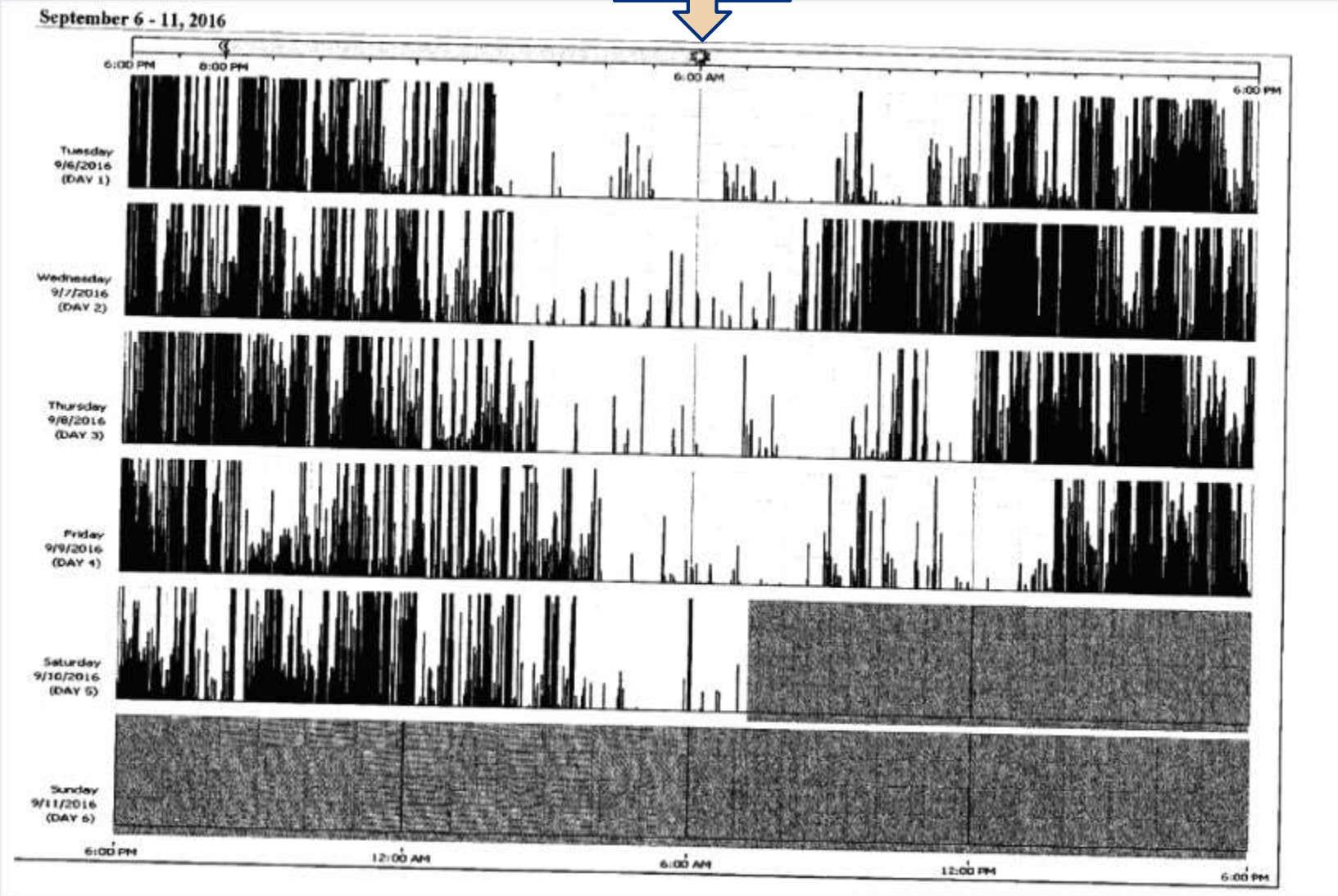
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Case

- 14 year old
 - History of a brain tumor s/p resection, chemo, radiation
 - Daytime sleepiness

6:00AM



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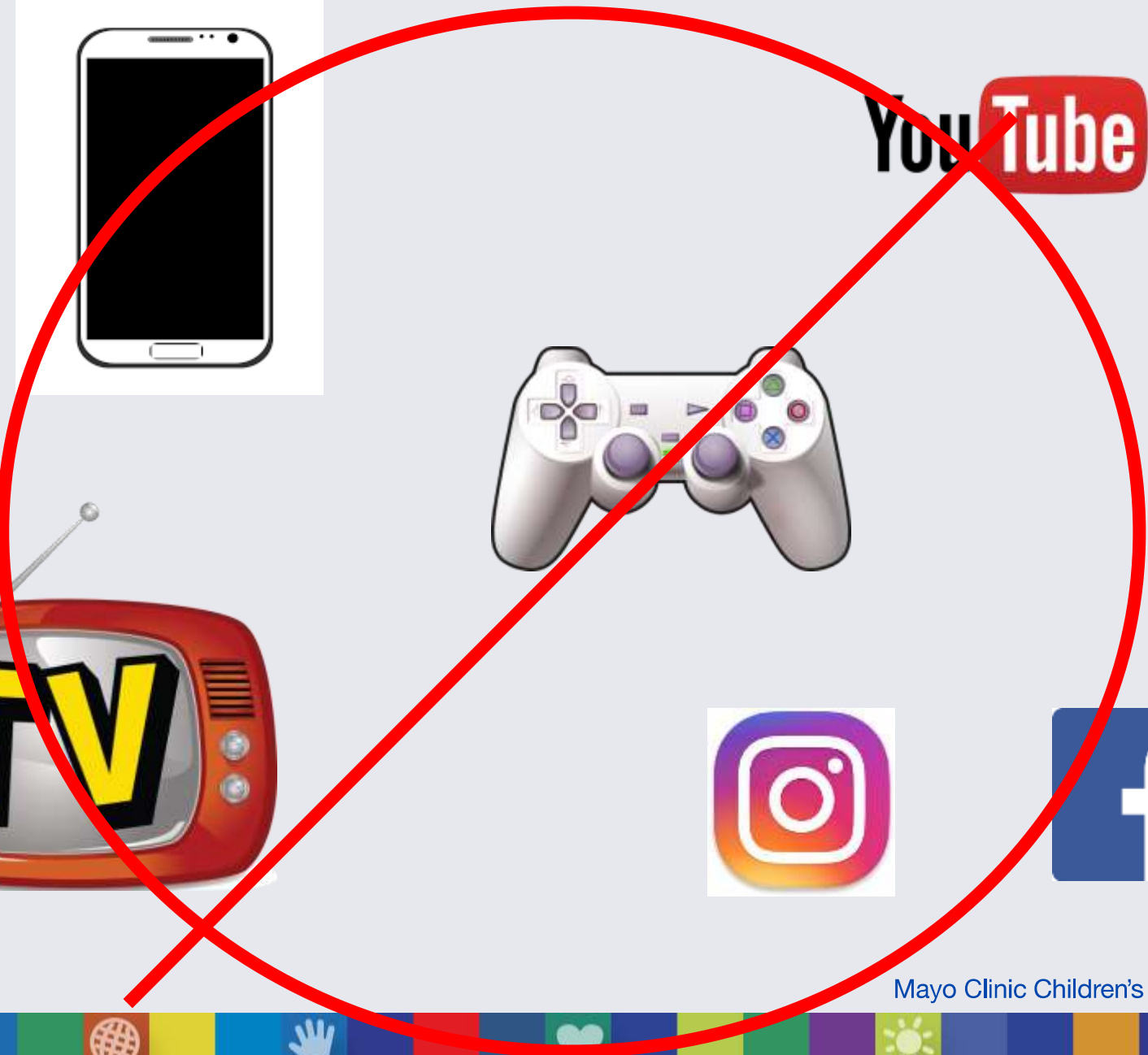
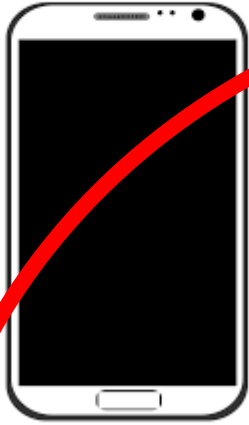


Poor Sleep Hygiene

- Poor sleep hygiene is very common.
- Fears and anxiety can be problematic and may need behavioral health help.



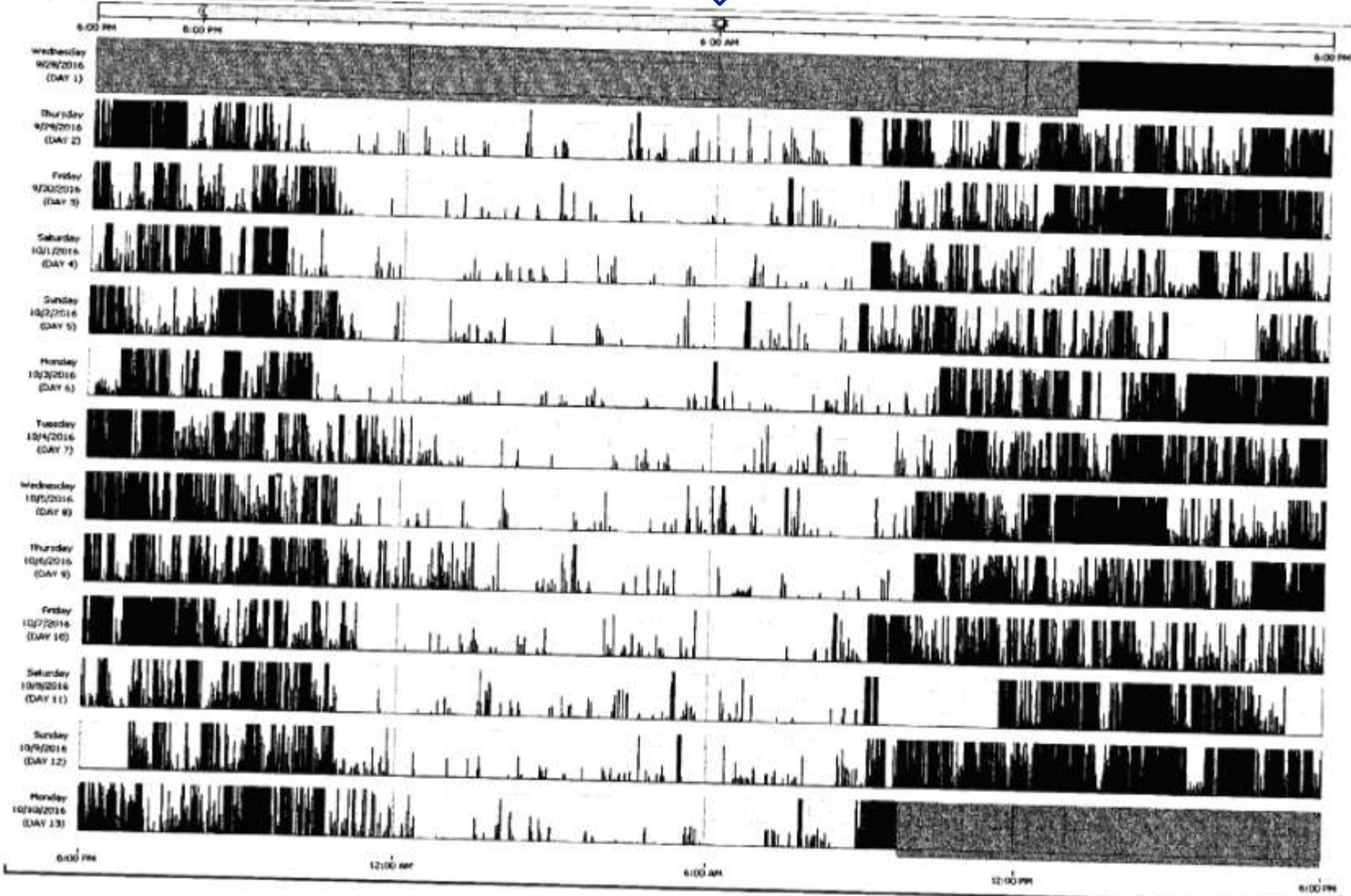
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6:00AM

September 29th - October 11th, 2016



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Case

- 16 yo girl goes to bed at 11 pm but doesn't fall asleep until 2 am
- Struggles to get up when parents awaken her at 6:15 for school
- Sleeps during first classes
- On weekends, sleeps 3 am to 1 pm

Circadian Rhythm Sleep Disorder, Delayed Sleep Phase Type

- Adolescents: Shift in circadian rhythm
- Management
 - Proper sleep hygiene key!
 - Not to sleep in more than 1 hour past weekday wake time
 - Consider Melatonin
 - Bright light therapy



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