

SLEEP TIPS FOR OUR PATIENTS!

In this day and age of “always being on and available,” we often are unable to make the necessary changes in our habits - especially when it comes to sleep. You may have heard of the term, “**sleep hygiene**,” (yes, this is a thing!). ***Our children thrive on regular bedtime routines.*** Often when there is sleep deprivation - we can see our patients being irritable, and having problems concentrating. They can experience other health issues such as obesity, headaches and depression. Conversely, patients who have good sleep habits have a stronger immune system, do better in school, have good behaviors, memory and mental health. Research shows that having good quality sleep is related to many positive health outcomes.



*The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).
Source: Paruthi S, Brooks LJ, D'Ambrosio C, Hall W, Kotagal S, Lloyd RM, Malow B, Maski K, Nichols C, Quan SF, Rosen CL, Troester MM, Wise MS. Recommended Amount of Sleep for Pediatric Populations: A Statement of the American Academy of Sleep Medicine. J Clin Sleep Med. 2016 May 25. pii: jc-00158-16. PubMed PMID: 27250809.

TIPS FROM THE AAP (American Academy of Pediatrics) FOR DEVELOPING HEALTHY SLEEP HABITS:

1. **Make sufficient sleep a family priority:** remember that children will follow what you do, so be a positive role model.
2. **Keep to a daily sleep routine:** brush, book, & bed
3. **Be active during the day:** plan 20-30 min per day for at least 4-5 times per week.
4. **Monitor screen time:** the AAP recommends keeping all screens (TVs, computers/laptops, tablets and phones) out of children's bedrooms - especially at night. Turn off all screens 2 hrs prior to going to bed.
5. **Create a "sleep-supportive" and safe bedroom environment:** dim the lights, and have 1-2 soft toys for your child's bed. We want to encourage sleep rather than play or distractions.
6. **Realize that teens require more sleep . . . not less!** At the start of puberty, sleep-wake cycles begin to shift up to 2 hours later.
7. **Don't put your baby to bed with a bottle of juice, milk or formula:** anything other than water can cause baby bottle tooth decay.
8. **Start solids after 5-6 months of age:** Starting solids or putting cereal in the bottle will not help your baby sleep through the night. In fact, if you give your baby solids before their system can digest them, he or she may sleep worse because of a tummy ache.
9. **Avoid overscheduling:** Take time to wind down and give your children the downtime that they need.
10. **Learn to recognize sleep problems:** The most common sleep problems in children include difficulty falling asleep, nighttime awakenings, snoring, stalling and resisting going to bed, or sleep apnea.
11. **Talk to your child's teacher or child care provider:** about your child's alertness during the day. Sleep problems may manifest in the daytime, too. Let your child's teacher know that you want to be made aware of any reports of your child falling asleep in school, as well as any learning or behavior problems.
12. **Talk to us about sleep concerns:** most sleep problems are easily treated. We may ask you to keep a sleep log or have additional suggestions to improve your child's sleep habits.