



Is your child getting enough sleep?

Sleep Facts and Advice for Pediatric Patients

- Sleep is very important for mental and physical development of your child.

Recommended sleep in a 24 hour period

- 0-3 months: 14-17 hours with multiple naps
- 4-6 months: 13-16 hours with 2-3 naps
- 6 months- 2 years: 12-14 hours with 1-2 naps
- 3-4 years: 11-13 hours with 1 nap
- 4-6 years: 10-12 hours (+/- nap)
- 7-11 years: 9-11 hours
- 12-15 years: 8-10 hours
- 16+ Years: 7-8 hours

For Newborns to 1 Year

- Should always be in their own bed and on their back to sleep until they are able to roll, this prevents Sudden Infant Death Syndrome (SIDS). Over 3,000 children a year die in their parents' bed from suffocation in the US.
- Good sleep habits start from the **beginning**: dark room (blackout curtains), white noise machine, swaddle (until they roll), pacifiers.
- Avoid poor sleep **habits** like rocking to sleep, swings, nursing or feeding to sleep (can cause dental decay and ear infections).
- Placing your child in their bed when they are very tired but still awake is the best way to teach your child to be comfortable and happy in their bed alone which will cut down on nighttime waking.
- Most babies should be able to sleep through the night at 4 months and definitely by 6 months. Unless otherwise stated by the pediatrician from 6 months on your child does not need to the night time nutrition and feeding is now a habit.
- Sleep **routines** are **critical** for most children (bath, PJ, books, then bed), any alteration in the normal routine can affect the child's sleep. The more tired the child is the worse they tend to sleep at this age, that's why naps are so important.
- Check your thermostat! If your home is too warm it will not be a comfortable sleep environment shoot for the low to mid 70's, cool but not cold.
- Consistency is key: **Same** routine, **Same** time, **Same** way, every night. Stay calm how you respond is important, you are teaching them life long habits about sleep, just like they learn to walk and read they need to learn healthy sleep.

Great resources for sleep training

- Ask Dorothy texting through MyGerber sign up on gerber.com/birthtools (free sleep training advice)
- The Cradle Coach local sleep training services <https://www.thecradlecoach.com/> also on Instagram and facebook offer weekly free Q&A sessions.
- @drcanapari on instagram "its never too late to sleep train"
- The Ferber method: Solve your Childs Sleep Problems

For Toddlers and School age children

- Too little sleep can impact children's behavior and inability to concentrate. This can lead to stressful homes and difficulty in school settings.
- Ensuring your child has enough **physical activity** and **sunlight** can help regulate circadian rhythms
- **Limited** screen time is beneficial to multiple areas of development including sleep. No screen time at least 1 hour prior to bedtime, ideally 2 hours, helps your child to fall asleep easier (adults too).

Snoring or Sleep Apnea is a medical concern and you should bring it up at your office visit. This may result in referral for a pediatric sleep study!

Nightmares and night terrors

- These are common and are often times scarier for the parents then the child. Keeping a consistent sleep routine and schedule will help minimize this. Monitor what your child is watching on TV and YouTube.
- Night terrors occur most often in toddlers and preschoolers and take place during the deepest stages of sleep. Deepest sleep is usually early in the night, often before parents' bedtime. During a night terror, your child might: Cry uncontrollably, sweat, shake, or breathe fast, have a terrified, confused, or glassy-eyed look, thrash around, scream, kick, or stare, not recognize you or realize you are there, try to push you away, especially if you try to hold him
- While night terrors can last as long as 45 minutes, most are much shorter. Most children fall right back to sleep after a night terror because they actually have not been awake. Unlike a nightmare, a child will not remember a night terror.
- **Night Terrors** are often in the beginning stage of sleep when it is the deepest, if its consistently happening at the same time every night you can lightly move your child's arm or leg 20-30 minutes prior to when the terror occurs, pulling them into a lighter stage of sleep where they are not likely to experience the terror.
- **Nightmares:** go to your child as quickly as possible, offer reassurance, allow them to keep a night light if that makes them more comfortable, avoid allowing your child to sleep with you as this will likely develop into a habit.

Older Children and Teens

- **LIMIT** electronic use and **REMOVE** cell phones from the bedroom at bedtime.

- While going through puberty children need more sleep than normal.
- If your child is not getting sufficient sleep and it is affecting their behavior or grades then assess their schedule. Overscheduling can lead to sleep deprivation in children and teens.
- Sleep supplements may be discussed at visit.

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