

November 17th 2018

Importance of Sleep & Routines for Children 6- 12 years old



Objectives

- Illustrate the negative consequences of poor sleep
- Define sleep hygiene
- Describe a good sleep routine
- Recall the range of hours children need for sleep
- Differentiate between good and bad sleep hygiene
- Understand the following common sleep problems in children: nightmares, night terrors, bed wetting and sleep walking



Sleep

Sleep is an essential part of life

It is important for:

- Physical Health
- Growth
- Alertness
- Memory
- School performance
- Behavior
- Mood

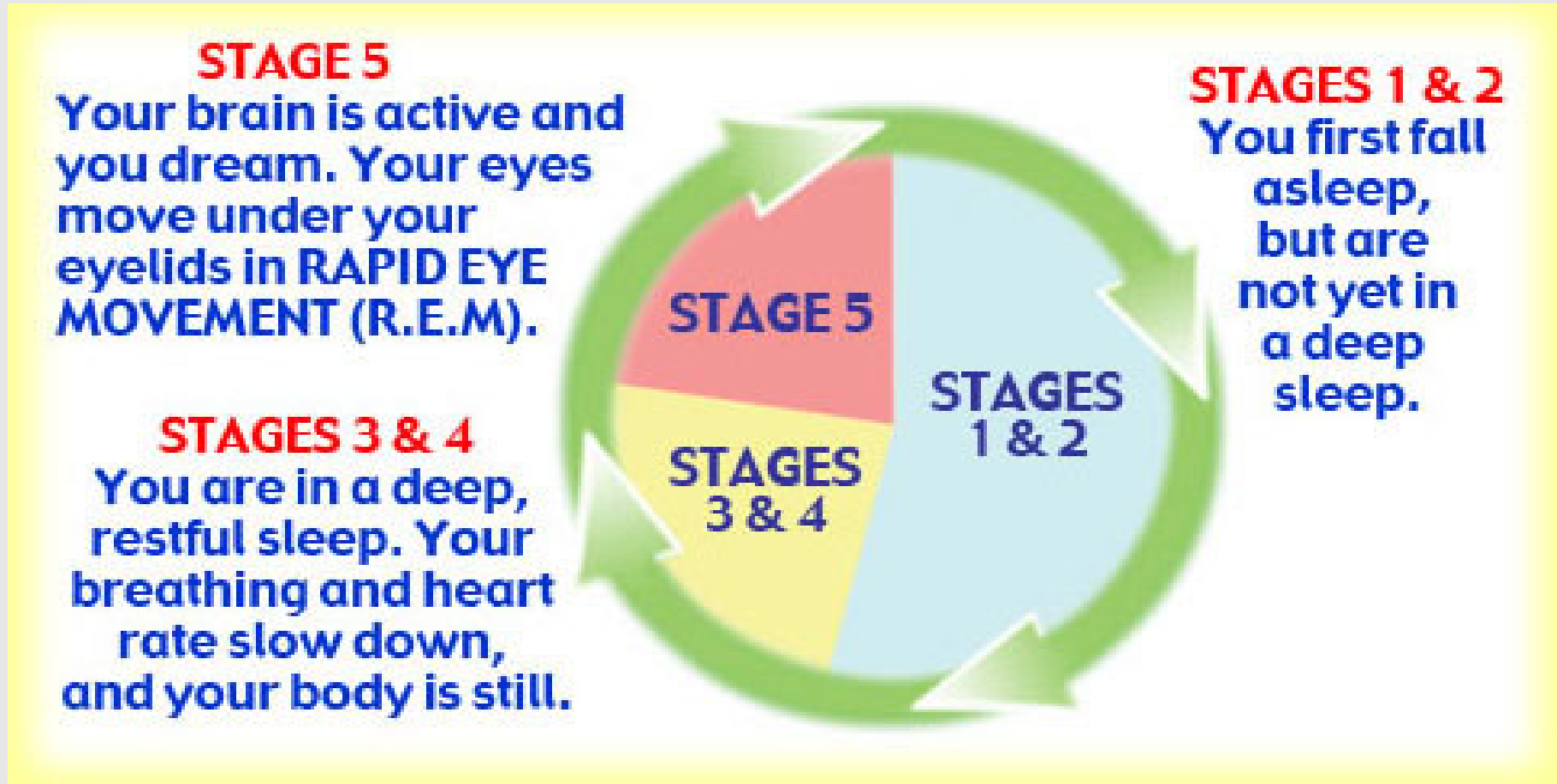


Sleep Quality

- Good quality sleep:
 - Ability to fall asleep
 - Ability to maintain state of sleep overnight



The Sleep Cycle





Sleep Requirements

Age	Hours of Sleep
Infants (4-12m)	12-16
Toddlers (1-2y)	11-14
Preschoolers (3-5y)	10-13
School age children (6-13)	9-12
Teenagers (14-17)	8-10

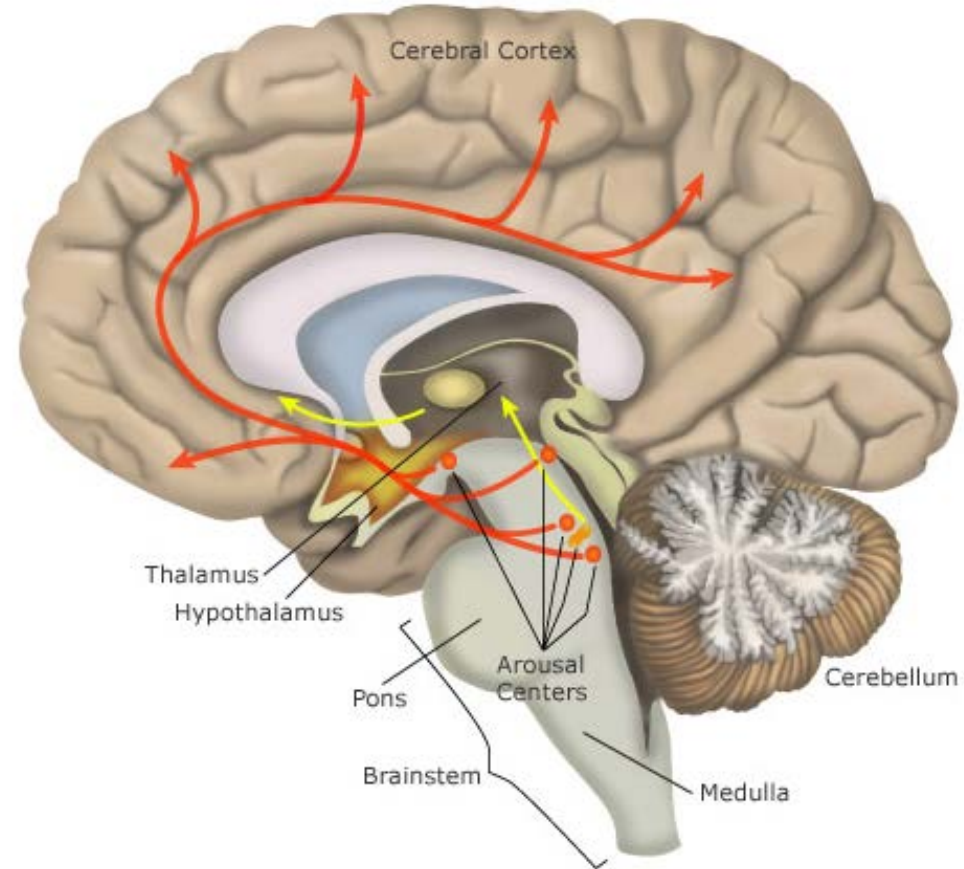


Sleep Requirements

You may notice differences when your child doesn't get enough sleep

- Inability to focus/pay attention and remember
- Lack of creativity
- Impaired immune system
- Low mood
- Strained relationships with friends and family
- Poor problem solving
- Low energy/activity
- Overactivity/hyperactivity

Sleep Control



- Wakefulness vs Sleep
 - Light
 - Temperature
 - Noise
 - Caffeine



Sleep Hygiene

- A variety of different practices and habits that are necessary to have good night-time sleep quality and full daytime alertness



Sleep Hygiene Do's

- Light
 - Natural light in the day
 - Dark room at night
- Quiet activities
 - Reading a book
 - Listening to music
- Exercise
- Consistency



Sleep Hygiene Don'ts

- Caffeine
- Screen time
- Do homework in bed



Bedtime Rituals or Routines

- A bedtime ritual makes it easier for your child to relax, fall asleep and sleep through the night.



Sleep Routines

- Have a light snack
- Take a bath.
- Put on pajamas.
- Brush teeth.
- Read a story.
- Make sure the room is quiet and at a comfortable temperature.
- Put your child to bed.
- Say goodnight and leave.

Summary

- Sleep is important for physical and mental health
- Good sleep involves unbroken sleep for enough hours
- Overactivity/poor concentration may be a sign of poor sleep
- Setting regular bedtimes and routines help encourage good sleep duration and quality
- If you are concerned about your child's sleep see your health care provider



Dreams and Nightmares

- Everyone has 4-5 dreams each night
- Dreams are more frequently associated with REM sleep
 - R.E.M. sleep is important for learning and memory.

Nightmares are dreams that bring about fear or anxiety

- Nightmares are very common. They occur in as many as 1 in 2 children



Nightmares

- Talk
- Draw
- Write a story
- Make sure your child is getting enough sleep
- Good thoughts before bed



Night Terrors

- Fear, screaming, erratic behaviour
- Confused
- Not fully awake
- Little or no recall
- Generally resolve over time



Bedwetting

- It is very common!
 - 10% of 7 year old children
 - Up to 2% of teenagers
- Can be caused by a number of different factors including may be part of a normal process while a child is developing bladder control in deep sleep
- NOT an emotional or behavioural problem

Bedwetting- Helpful Tips

Dos

- Explain to your child why it is important to use the toilet at night and before they go to bed.
- Make sure your child has access to the toilet at night
- Include the child in the morning cleanup
- If bedwetting is persistent, speak with your doctor

Don'ts

- Do not punish your child, instead eliminate guilt and shame
- No caffeine-containing foods and excessive fluids before bedtime
- Use diapers (training pants may be acceptable)



Bedwetting- Treatment

Bedwetting only needs treatment if it poses a significant problem for your child.

We recommend speaking to your health care professional if

- The bedwetting is bothersome to your child



Bedwetting- Treatment

- Alarm:
 - Teaches your child to respond to a full bladder while asleep
 - most effective in children over 7 or 8 years of age
 - May wake the whole household
- Drugs:
 - For **SHORT TERM** treatment (ex: camp or sleepovers)



Sleep Walking

- Affects approximately 15 percent of all children
- Occurs most frequently from 4-8 years of age
- Runs in families
- The child is both asleep and awake at the same time
- Characters: walking aimlessly, uncoordinated, often do not make sense, or start urinating in some place other than the toilet

Sleep Walking- Helpful tips

- Waking or comforting the child is usually not helpful as it prolongs the event
- Be sure your child's room and your house is safe
- Encourage him/her to get enough sleep
- A bell hung on the child's door or on the front door may provide reassurance that you will hear your child sleep-walking

References

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