

Sleep Guide

- **Amount of sleep needed varies by age:**
 - Newborns: 16-20 hours of sleep
 - Infants: 13-15 hours of sleep
 - Toddlers/Preschoolers: 11-12 hours
 - School-age children (6-12y/o): 10-11 hours
 - Teenagers (13-18y/o): 9 hours ideally
- **When is a baby able to sleep through the night?**
 - Between 3-6 months of age
- **What happens when your child has insufficient or poor sleep?**
 - Changes in Mood, Behavior, Memory, and Attention
 - Younger Children may develop symptoms of hyperactivity, poor impulse control, impaired attention & vigilance
 - Teenagers may have symptoms of excessive sleepiness (falling asleep in the bus or in class) or not be able to wake up on time for school. They may also have academic problems due to failure to concentrate
 - More prone to sports related injuries
- **Is it okay for the child to depend on the caregiver to fall asleep?**
 - Can lead to frequent night awakenings (may be associated with breast feeding or co sleeping)
- **How do we manage poor sleep in young children?**
 - Establish a regular sleep schedule and bedtime routine
 - Bedroom should be dark, cool, & quiet
 - Put the child to bed drowsy but awake
 - Set & enforce consistent limits from both parents
 - ✓ Children who leave their beds should be taken back to their bedrooms gently but firmly
 - ✓ Parents should use positive reinforcement so child's compliance with the bedtime plan is rewarded.

- There are 3 methods
 - ✓ **Extinction:** Put child to bed and systemically ignore him or her until next morning (this method may be stressful for some families to execute).
 - ✓ **Graduated Extinction:** Put the child to bed drowsy but awake & parents check on child in progressively increasing intervals. Please note worsening of behavior may occur on second night.
 - ✓ **Fading:** Involves establishing a clear plan for gradually decreasing parental involvement in the child's falling asleep. Needs an exit plan where parents exit first. Institute a regular bedtime & sleep schedule & then gradually decrease direct contact with the child as he or she falls asleep.

- **What about for older children?**
 - Avoid naps & caffeine during day
 - Decrease bright light in late evening (cell phones switched off at bedtime, TVs & computers removed from child's room)
 - Maintain consistent sleep schedule (on weekends only delay sleep onset by 1 hour & oversleep time should not extend more than 2 hours)

- **What if your child has frequent night awakenings due to snoring?**
 - Talk to your pediatrician for signs of obstructive sleep apnea