

Children and Sleep: Is your child getting enough sleep?



Signs of inadequate sleep:

1. Trouble waking in the morning
 2. Falling asleep in class
 3. Problems concentrating in school or while playing sports
 4. Moodiness and irritability
 5. Problems with learning and memory
 6. Problems with growth and weight gain
 7. Slower reaction time, increased risk of accidents, especially motor vehicle
- ~ Drowsy driving can be as dangerous as drinking and driving

How much sleep is enough?

1. Toddler to preschool 11-14 hours
 2. 1st-8th grade - approximately 10 hrs
 3. 9-10th grade - approximately 9 hours
 4. 11-12th grade - approximately 8.5 hours
- ~ Most only get 6.5 - 7.5 hours.

What can children and teenagers do to optimize sleep?

1. Understand the importance of sleep and make it a priority
2. Keep electronic devices out of the bedroom and stop using these 30 minutes before bedtime
3. No caffeine after lunch, including soda and tea
4. Follow a routine for sleep - even on the weekends



What else can negatively affect a child's sleep?

1. Obstructive sleep apnea
2. Restless legs syndrome
3. Narcolepsy

Obesity and Sleep Disorders

“With the increasing rate of obesity in children, it’s likely there will also be an increase in sleep apnea,” said Jodi A. Mindell, PhD a pediatric sleep expert and member of NSF’s Board of Directors.

Signs and Symptoms

Daytime

- Behavior problems
- Hyperactivity
- Inattention
- Sleepiness

Nighttime

- Snoring
- Breathing pauses during sleep
- Restless sleep
- Mouth breathing
- Difficulty getting up in the morning, even after getting the proper amount of sleep

Sleep Testing

In lab sleep studies are recommended for children between the ages of 6-18.



Sleep Disorders Center

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7 a.m. to 5 p.m. Monday-Friday | Sleep studies: Monday-Friday