IMPORTANCE OF SLEEP

Healthy Sleep Habits in Children

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HOW IMPORTANT IS SLEEP?

• Sleep is the power source that keeps your mind alert and calm
• Sleeping well increases your attention span and allows you to be physically relaxed and mentally alert at the same time
What is the “right kind” of sleep

<table>
<thead>
<tr>
<th>Age</th>
<th>Hours</th>
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<tbody>
<tr>
<td>New-borns (0-3months)</td>
<td>14 - 17</td>
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<tr>
<td>Infants (4-11months)</td>
<td>12 - 15</td>
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<tr>
<td>Toddlers (1-2 years)</td>
<td>11 - 14</td>
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<tr>
<td>Pre-schoolers (3-5 years)</td>
<td>10 - 13</td>
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<td>School age (6-13 years)</td>
<td>9 - 11</td>
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<tr>
<td>Teenager (14-17 years)</td>
<td>8-10</td>
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<tr>
<td>Young adults (18-25 years)</td>
<td>7 - 9</td>
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<tr>
<td>Adults (26-64 years)</td>
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EFFECTS OF SLEEP IN CHILDREN

- Lack of mood regulation - hyperactivity including aggressive behavior
- Overly emotional (explosive temper tantrums, easily hurt feelings, no patience)
- Difficult to wake in the morning
- Difficulty concentrating or focusing during play
- Taking long, or excessive naps
- Defiant or contrary behavior
- Difficulty falling asleep (overtired)
- Accident prone, or clumsy
SLEEP AND GROWTH

- Slow or stunted growth
- Inhibits physical development
Lack of sleep - Increases risk of emotional disorders

- Healthy sleep is critical for children's psychological well-being.
- Continuous experiencing inadequate sleep can eventually lead to depression, anxiety and other types of emotional problems.
Toddlers' sleep, eating problems often go together

- Parents who have a hard time getting their babies and toddlers to sleep at night may also often have trouble at mealtime.
- Behavioral insomnia,
  - Where a young child regularly resists bedtime or has trouble staying asleep.
  - Seen in up to 30 percent of children between the ages of 6 months and 3 years.
ADVICE TO PARENTS

- Ensure the child is on a schedule
- Ensure baby is eating well
- Parents should monitor the child’s sleep vs the age of the child to ensure that they are getting the right kind of sleep (Keep a sleep log)
- Sleep problems do not go away until they are solved.
  - Consider sleep training
What should a pediatrician look out for?

- Growth curve of the child
- Feeding habits of the child (solids/breastfeeding)
- How much sleep a child is getting - Age appropriate sleep
- Behavioral concerns in toddlers
OVERVIEW OF SLEEP TRAINING

This is important for:

- Prevention of common sleep problems,
- Developing a positive attitude about sleep
- Developing a healthy “sleep style”
Sleep training is the process of teaching a baby or toddler to settle down to sleep, to stay asleep for longer periods and to settle himself back to sleep when he wakes at night. This will be dependent on the age of the child, sleep problems experienced and the method of sleep training will differ from one family to another.
What you should know

- Some children naturally sleep better than others.
- Don’t impose methods before considering your child and his response.
- What works for one child might not work for another.
- Rule out any medical condition before starting.
- Both parents must be on board to avoid sending mixed signals.
Managing common sleep problems

- Bedtime Struggles
- —Limit Setting Disorder
- Nighttime Awakenings
- Nightmares
- Sleep Terrors
- Sleepwalking
- Sleep talking
CONCLUSION
Thank You

QUESTIONS