



# 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

Age	Hours
New-borns (0-3months)	14 - 17
Infants (4-11months)	12 - 15
Toddlers (1- 2years)	11- 14
Pre-schoolers (3- 5 years)	10 - 13
School age (6 – 13 years)	9 - 11
Teenager (14 – 17 years )	8-10
Young adults (18 – 25 years)	7 - 9
Adults (26 – 64 years)	7- 9

# 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



SCHEDULE



# 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

- Sleep is a learnt skill. 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**