

Sleep Hygiene

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Sleep Cycles


- People cycle between REM sleep, and NREM sleep.

REM:


- Eyes move fast
- You can't move your body
- Dreaming
- Light sleep
- Most likely to wake up.



Age	Nighttime Sleep (h)	Daytime Sleep (h)	Total
• 1 m	8.5 (many naps)	7.5 (many naps)	16
• 3 m	6-10	5-9	15
• 6 m	10-12	3-4.5	14.5
• 9 m	11	3 (2 naps)	14
• 12-18 m	11	2.5 (2 naps)	13.5



Age	Nighttime (h)	Daytime (h)	Total
• 2 y	11	2 (1 nap)	13
• 3 y	10.5	1.5 (1 nap)	12
• 4 y	11.5	0	11.5
• 5-7 y	11	0	11



Age	Nighttime (h)	Daytime (h)	Total
• 8-9 y	10-11	0	10-11
• 10-11 y	10	0	10
• 12-13 y	9.5-10	0	9.5-10
• 14-15 y	9.5	0	9.5
• 16 y	9.25	0	9.25

Babies Sleep

- Infants go through a complete sleep cycle about every 50-60 minutes
- They are in light sleep
- *Could* wake up many times each night!
- By age 4 months, will be sleeping a 6-8 hour at night
- By age 6 months, about 10-12 hours.

Babies Sleep

- Most babies wake up at least once a night even at age 9 months.
- Some can get back to sleep by themselves
- Some need to be helped fall back asleep.
- Babies born to depressed moms are more likely to have chaotic sleep patterns.
- *Healthy babies should be put down to sleep on their backs to lower the risk of SIDS.*

Crib

Pros:

- A restless baby is less likely to disturb parents, and vice versa.
- It's easier for parents to be intimate at night.
- Parents get a break from time with baby to “recharge their batteries.”

Crib

Cons:

- Parents have to get up at night to soothe baby.
- Your baby may be very upset and difficult to soothe back to sleep by the time you wake and go in to them.



Does my child have enough sleep?

- Different people need different amounts of sleep.
- The best way to tell if your child is getting enough sleep is to look at how they act while they are awake.
- If your child's poor sleep is causing daytime problems, then they are sleep deprived.

Snapshots

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Ask yourself these questions:

- Does your child fall asleep in the car almost every time you drive with them?
- Do you have to wake your child up almost every morning?
- Does your child seem overtired, cranky, irritable, aggressive, over-emotional, hyperactive, or have trouble thinking during the day?
- On some nights, does your child “crash” much earlier than their usual bedtime?

If you answer “yes” to any of these questions, your child may be sleep deprived!



Does my child have enough sleep?

- Sleep deprived children & adults have more trouble controlling their emotions.
- The part of the brain that helps us to control our actions and our feelings is affected greatly by lack of sleep.
- Not getting enough sleep can lead to all kinds of problems:
behavior problems, attention problems, school problems, being accident prone,...

Naps

- Some daytime sleep is usually needed.
- Provide much-needed downtime for growth and rejuvenation.
- Keep kids from becoming overtired (*overtiredness takes a toll on their moods & make it harder to fall asleep at night*)
- Gives parents a brief oasis during the day and time to tackle household chores or just unwind.



Good Sleep Habits

DO:

- Make bedtime a special time.
- A time to interact with child:
Be secure, loving, yet firm!
- Be firm and go through a certain bedtime routine
- At the end of that, the lights go off and it is time to fall asleep.

Good Sleep Habits

Do:

❖ **Find your child's ideal bedtime:**

- In the evening, look for the time when your child really is starting to slow down and getting physically tired.
- That's the time that they should be going to sleep.
- Get them into bed *before* that time.
- If you wait beyond that time, your child tends to get a second wind.
At that point they will become more difficult to handle.

Good Sleep Habits

Do:

- Keep to a regular daily routine
The same waking time, meal times, nap time and play times
- This help your baby to feel secure and comfortable
- It helps with a smooth bedtime.
Babies and children like to know what to expect.

Good Sleep Habits

Do:

❖ **Use a simple, regular bedtime routine:**

- Should not last too long
- Should take place in the room where the child will sleep.
- A few simple, quiet activities compatible with the child's age:
light snack, bath, cuddling, saying goodnight, a story or lullaby.

Good Sleep Habits

Do:

- Some babies are soothed by the sound of a vaporizer or fan running. *(This "white noise" not only blocks out the distraction of other sounds, it also simulates the sounds babies hear in the womb)*
- Kids need interesting and varied activities during the day
- Get your child into bright light in the morning
- Keep lights dim in the evening
- Light helps signal the brain into the right sleep-wake cycle.

Good Sleep Habits

DON'T:

- Never soothe your child to sleep by putting them to bed with a bottle of juice, milk or formula.
- Water is okay.
- Anything other than water in the bottle can cause *baby bottle tooth decay*.
- Feed or nurse your baby, and then put them down to sleep.

Good Sleep Habits

Don't:

- Don't fill up your child's bed with toys. Too many toys in the bed can be distracting.
- One or two transitional objects--*like a favorite doll, a security blanket, or a special book*--are okay
- They can help with *separation issues*.
- It's best to keep your child's bed a place to sleep, rather than a place to play.
- Babies under 4-6 months should have an empty crib to prevent suffocation.

Good Sleep Habits

Don't:

- Never use sending your child to bed as a threat.
- Your goal is to teach your kids that bedtime is enjoyable
Just as it is for us!
- Bedtime needs to be a secure, loving time, not a punishment.
- If the feeling around bedtime is a good feeling, your child will fall asleep easier.
- Don't give your child foods and drinks with caffeine in them
(hot chocolate, tea, cola, chocolate, etc.)
- Even caffeine earlier in the day could disrupt your child's sleep cycle.

Good Sleep Habits

Don't:

- Don't let your child watch more than 1-2 hours of TV during the day
- Don't let them watch TV at bedtime at all.
- TV viewing at bedtime has been linked to poor sleep.
- Presence of media (TV, computer, video games, Internet) in a kid's bedroom is also associated with worse sleep.
- **Remove them all!**

Parents' Bed

Proes:

- You could try sharing sleep with your child, either in the same bed or in the same room
- Parents don't have to get up to soothe baby, can soothe baby back to sleep without fully waking.
- Working parents can spend more time with child.
- Sharing sleep can help foster a strong attachment to your child.
- Make sure your sleep sharing arrangement is [safe](#) for your baby.

Parents' Bed

Cons:

- If they still sleep in parent's bed after age 6 months, it become difficult to transition child to their own bed until age 2-4
- Sleep-sharing creates a [sleep-onset association](#) that involves the parents
- Both parents must be committed to the arrangement, or it will cause conflict between them.

Parents' Bed

- Most children are accepting of leaving the parent's bed between ages 2-3.
- The key is to wean them gradually into their own bed.
- Start with a futon or pad on the floor in your room, and after a while move them into a bed in their own room.

Sleep in Own Bed

- It does not work well to tell children to sleep in their bed and then relent when they act up.
- This only teaches them that their persistence will be rewarded with a trip to your bed.
- The best approach is to discover the underlying cause or causes for your child's behavior.
- At some level, your child knows why she doesn't want to sleep in her own bed, even if she isn't able to articulate what she is feeling.
- If you ask her outright what she is feeling, you may not get any valuable information.

Sleep in Own Bed

- A great way of discovering what your child is feeling is to play with her using dolls or action figures to represent members of a family.
- Have the characters act out several typical family situations: *mealtime, going to the park, driving in the car, etc.*
- Enact several of these non-threatening situations, and let your child put words into the figures' mouths.
- When you get to [bedtime](#), if your child is hesitant to talk, you can try speaking for the characters.
- If your child has gotten into the play, she will correct you if you give the characters motivations that are inaccurate from her perspective.

Sleep in Own Bed

- Another approach is to encourage your child to color or paint while she tells you about what she is creating.
- Be sure to allow her lots of time to open up and don't react negatively if she says something you don't want to hear.
- The things you are most likely to find are: your child has night time fears (*i.e. she is afraid of the dark, being alone, closet monsters, etc.*)
- She may be jealous of one [parent](#) or a [sibling](#)
- She is afraid of losing your affection if she "grows up"

Sleep in Own Bed

- ❖ If your child is suffering from night time fears, give her tools that empower her to overcome her fears:
 - Give her a flashlight to play with (especially during the day in a darkened room) to help overcome fear of the dark.
 - Give her a spray bottle filled with "monster spray" so she can shoot the monsters if they come out.
 - Record a tape of her favorite stories and songs that she can turn on whenever she is feeling alone or afraid (it is best if the recording is of your voice).
 - Give her a stuffed animal as big as she is to sleep with.
 - Ask her for suggestions.

Sleep in Own Bed

- If the primary reason your child wants to sleep with you is night time fears, you should be able to switch her into her own bed as soon as she has the tools to cope with her fears.
- If you discover that your child is jealous of one parent or a sibling, evaluate the situation and determine if she has reason to be jealous.
- If she has a [younger sibling](#) who is getting most of your attention during the day, she may feel the only time she "gets you" is at night.
- The best way you can help overcome her jealousy is to pay special attention to her when she is not asking for it.

Sleep in Own Bed

- Most children are accepting of leaving the parent's bed between ages 2-3.
- The key is to wean them gradually into their own bed.
- Start with a futon or pad on the floor in your room
- After a while move them into a bed in their own room.



Sleep in Own Bed

- You may need to make the change in several stages.
- The first few nights, she might sleep on the floor beside your bed.
- The next move might be right outside your door,
- Then into her own bed.
- The large stuffed animal or the tape recording of your voice may help ease the transition.

Sleep-onset Associations

- Whatever your baby connects with falling asleep (*e.g. being rocked, fed, or sucking their thumb,...*) is called a *sleep-onset association*.
- When they wake up, they need that thing to be able to fall back to sleep.
- Encourage sleep-onset associations that do not involve the parents. .

Sleep-onset Associations

How to do this?

- When you put your child to bed, you can rock or feed your child to make them sleepy, but stop *before* they actually go to sleep.
- Put your child to bed when they are still awake
- Children who have a more difficult temperament may have more trouble with sleep-onset associations

How can I help my child (and myself) sleep better?

- There are different reasons kids have trouble sleeping, and some different expert opinions on how to help them.
- Different approaches may work better or worse for different children in different families.
- You should decide what feels most comfortable for you and for your child.
- Be consistent, keep bedtime calm, and let your child know you love them.
- You should not to follow any program if your intuition tells you it's not right for your child.
- If you feel you or your child is just too distressed by a given method, try something else more comfortable for you.



Sleep Diary

- Try keeping a *[sleep diary](#)* for a period of time.
- May help you find some sleep patterns.
- Once you see patterns, you may be able to find a solution.
- Bring along the sleep diary if you go to see your child's pediatrician



Sleep Diary

- What time they woke up in the morning
- Times and lengths of naps during the day
- What time they went to bed in the evening
- What time they settled in bed in the evening
- Issues in settling, what you did, and how it worked
- Times and lengths of waking at night
- What you did about night waking and how it worked

Sleep Diary

Collect the following information for 3 nights

- **Morning Awakening (Time):**

- **Nap 1, 2, 3, etc.**
 - Asleep at (time):
 - What you did:
 - How long your child slept (minutes):

- **Evening Bedtime**
 - Asleep at (time):
 - How long it took to go to sleep (minutes):
 - What you did:

- **Night Awakening 1, 2, 3, etc.**
 - Awake at (time):
 - How long your child was awake (minutes):
 - What you did:

Bedtime Routines

- Don't give up this lovely practice just because you think your child has outgrown it. Even pre-teens like a good bedtime snuggle.
- Just a few minutes together every night can give you and your child the best quality time of all.
- Read, even when kids are old enough to read to themselves. Sometimes, listen together to a record or tape or some good music.
- Fill a box with slips of paper on which you and the kids have written every good dream you can think of. They can draw a slip from the "dream jar" every night.
- Talk over the day's events; here's a great chance to compliment your child on a special accomplishment or a quality you admire.
- Let older kids take on some of the routines for younger ones.

Parenting Tips for Better Sleep

Nighttime waking is a habit.

- Social contact with parents, feeding, and availability of interesting toys encourage the child to be up late.
- Set limits on attention getting behaviors at night.

Avoid caffeinated drinks

- Caffeine is a potent stimulant, and is present in a wide range of beverages.

Parenting Tips for Better Sleep

Develop bed time rituals.

- A bed time ritual is a powerful "cue" that it is time to sleep.
- It needs to be simple so the child can “recreate” the ritual even if the parent is not present.
- *A complicated ritual that requires a parent to be present makes it hard for a child to go back to sleep.*
- Try writing out the bed time rituals like a script in order to make it consistent.
- Share these “scripts” with other caregivers like sitters.

Parenting Tips for Better Sleep

Pay attention to the sleep environment.

- Children and adults depend on their environment for falling to sleep.
- Background noises, location, sleep partners, bedding, favorite toys, and lighting can all affect a child's ability to fall asleep.
- A cool, dark, quiet room is best.
- Letting children cry themselves to sleep is not recommended.
- Teach them to soothe themselves. Avoid rocking, holding, and other activities that depend on a parent's presence.

Parenting Tips for Better Sleep

Limit time in bed

- Hours spent awake in bed interfere with good sleep hygiene.
- Children vary in their need for sleep.
- Infants and toddlers often sleep more than 12 hours, children sleep 10 hours, and adolescents and adults probably only need 8 or 9 hours
- Some individuals are “short sleepers” and others are “long sleepers” to be refreshed.
- A later bed time may be needed as the first step in changing a late sleep pattern.

Parenting Tips for Better Sleep

Establish consistent waking times

- Bed times and waking times should be consistent seven days a week.
- Waking times are more potent than bed times in establishing sleep rhythms.
- It is easier to enforce a waking time than a bed time.
- “Sleeping in” can be a sign of sleep deprivation.

Parenting Tips for Better Sleep

Avoid medications to help your child sleep

- Medications become ineffective over time, and may affect daytime alertness.
- They may also wear off during the night, and cause night wakings.
- Some medications may cause nightmares or other types of sleep disturbance.

Discourage excessive evening fluids

- However, restricting fluids is not very effective for bed-wetters.
- Allow your child to drink to their thirst.

Parenting Tips for Better Sleep

Chart your child's progress

- Use mild praise for successful quiet nights.
- Mark successful nights on a star chart.

Establish daytime routines.

- Regular meal and activity times also help "anchor" sleep times.
- This includes regular play time with parents.
- Routines make it easier for children to “wind down” to sleep.

Parenting Tips for Better Sleep

Consider medical problems.

- Allergy, asthma, or conditions which cause pain can disrupt sleep.
- Loud snoring or pauses in breathing always require medical evaluation.
- Consult your physician for help with potential medical causes of sleep disturbance.

Parenting Tips for Better Sleep

Make the bedroom a sleep-only zone.

- Remove most toys, games, televisions, computers, and radios if your child is having trouble falling asleep or is frequently up at night.
- These items can be powerful cues for wakefulness.
- One or two stuffed animals are acceptable.
- This goes along with the recommendation above of limiting time in bed.
- Adolescents may need a “home office” outside the bedroom to do homework.

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- The National Sleep Foundation
 - The American Academy of Sleep Medicine
 - National Center on Sleep Disorders Research at the National Institutes of Health