

Sleep

HEALTHY & HAPPY CHILDREN



By Dr. Leila Masson, M.D., MPH, FRACP, FACNEM, DTMH

Sleep

- How much sleep is enough?
- Why is sleep important?
 - Health and immunity
 - Mood and behavior
 - Focus and attention
- How to get your child to sleep well:
 - Exercise during the day: at least one hour
 - Turn off screens 2 hours before bedtime
 - Calming bedtime routine
 - Healthy sleep environment

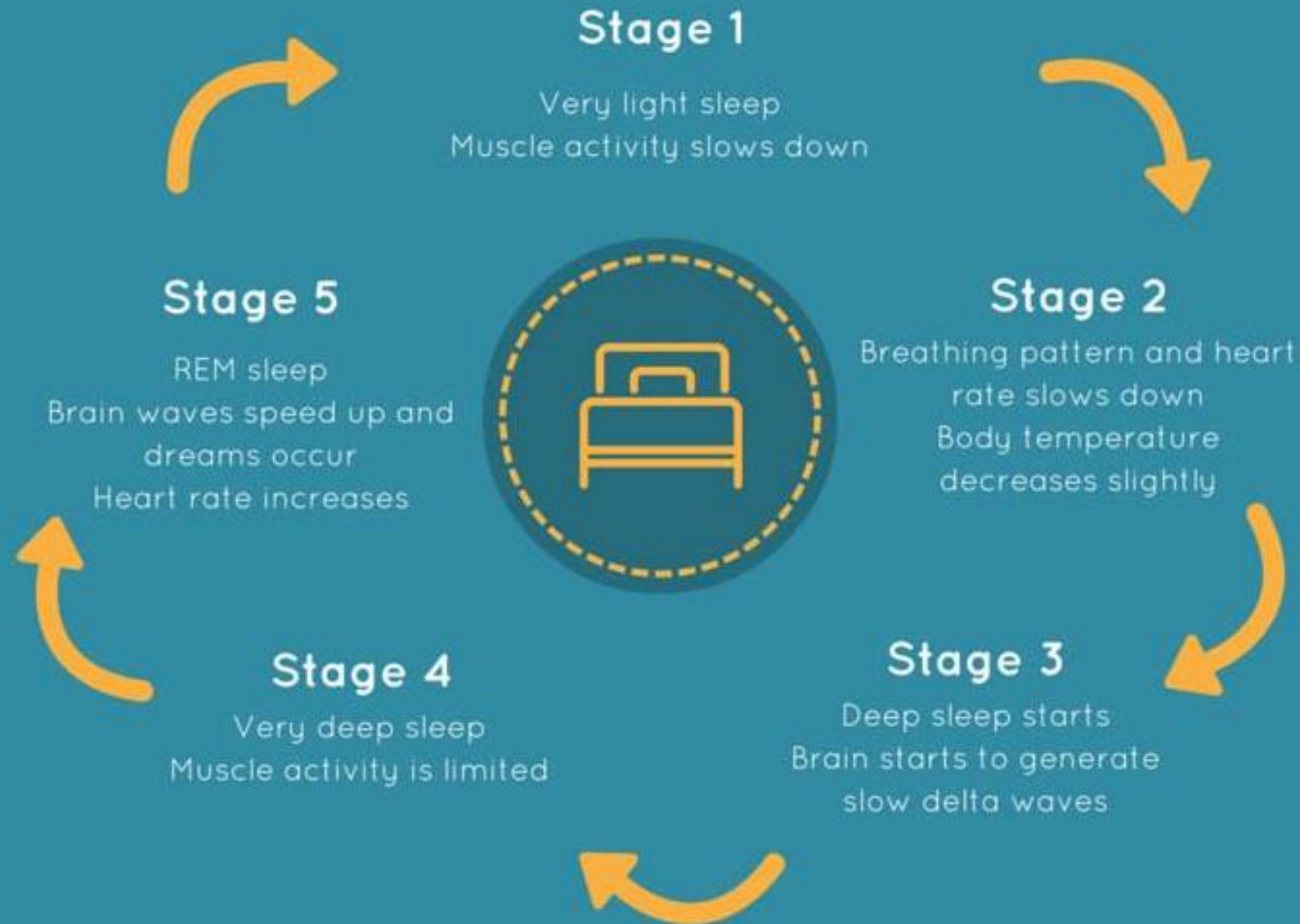


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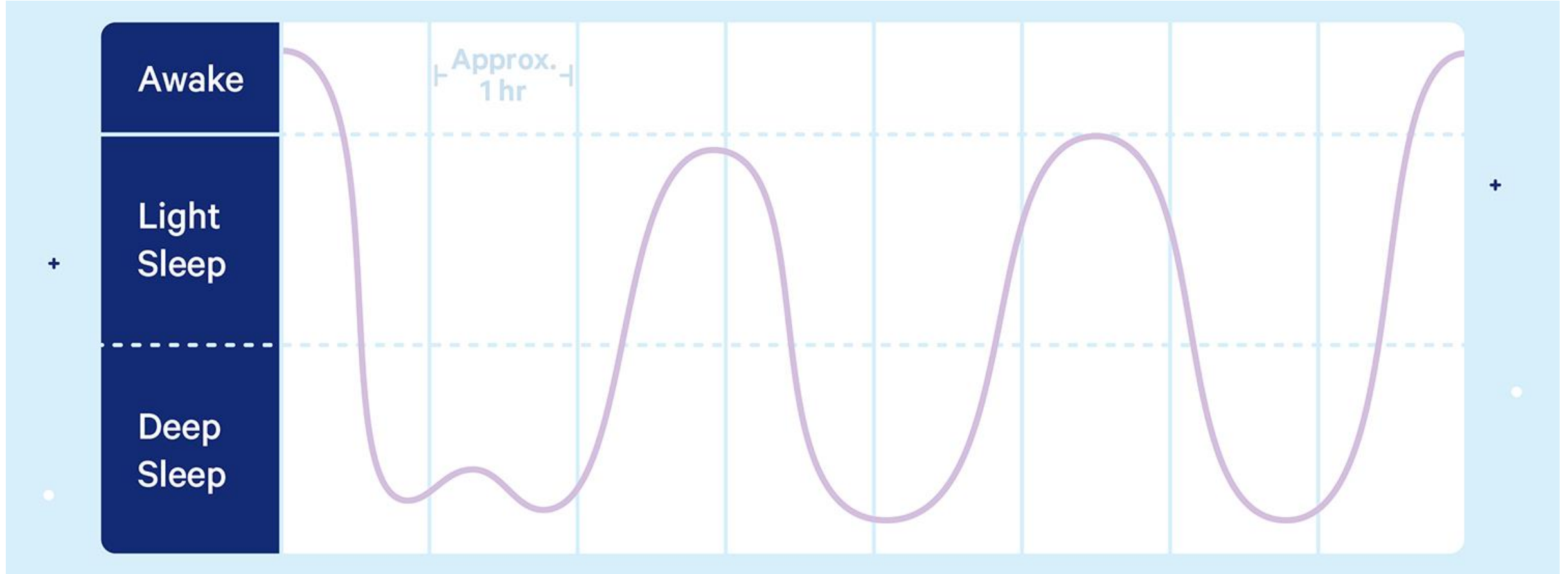
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The 5 Stages of Sleep



Light and deep sleep cycles



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How much sleep is enough?

Does your child wake rested, in a good mood? Jumping out of bed? Can your child sustain energy throughout the day? These are good indicators of sufficient sleep.

How much sleep does your child need?

Birth–12 months old:	14–18 hours per day
1–3 years old:	12–14 hours per day
3–6 years old:	11–12 hours per day
7–12 years old:	10–11 hours per day
12–18 years old:	8–10 hours per day



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Most children do not sleep enough

- 2/3 of high-school students sleep less than the recommended 8 hours
- All children sleep 37 minutes too little on average



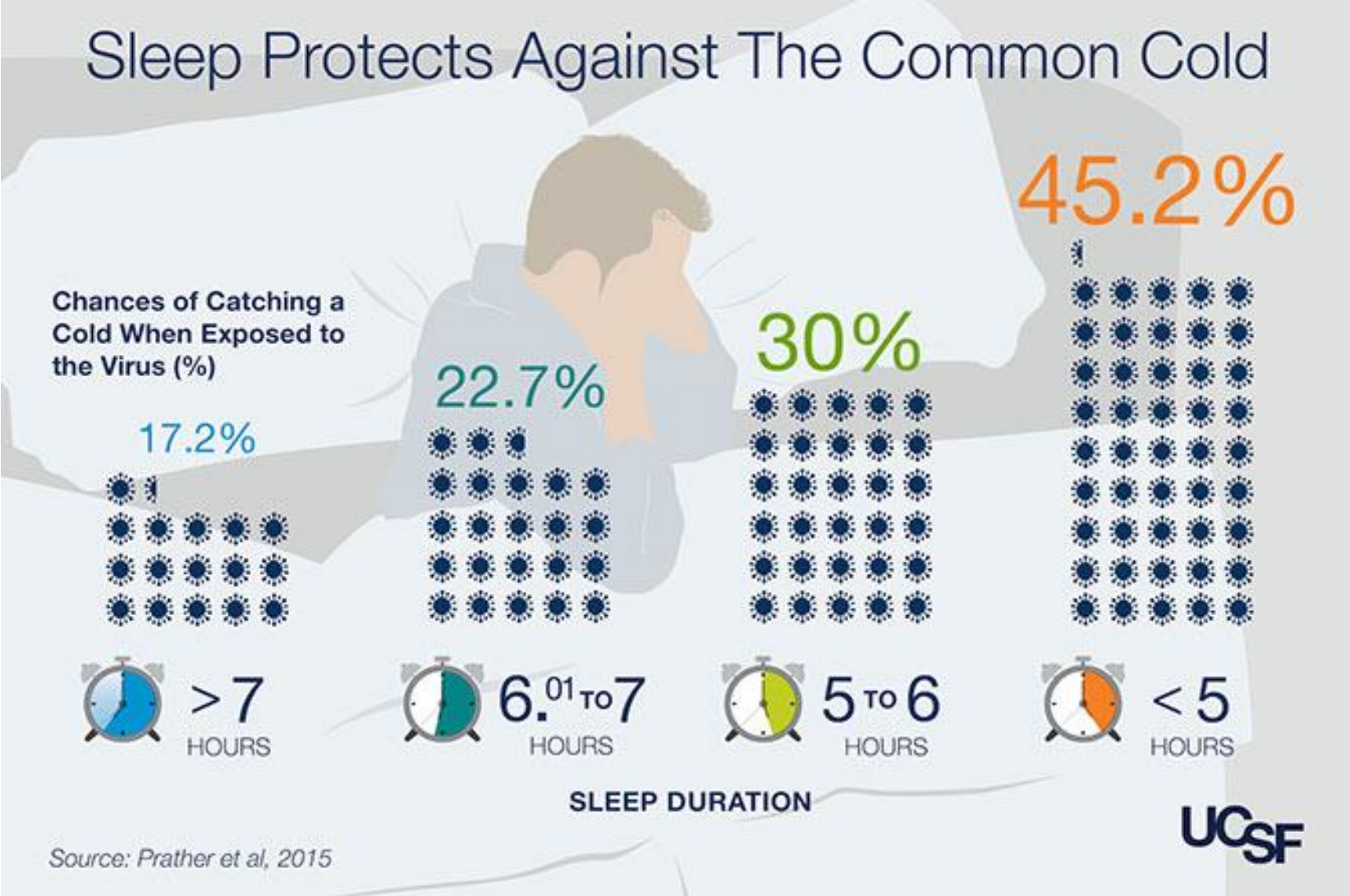
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Sleep for health and immunity

- Better immunity
- Less inflammation
- Healthy weight
- Pain control
- Healthy blood pressure, repair of blood vessels



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Sleep for mood & behaviour

- Anxiety may cause sleep problems
- Sleep problems cause low moods
- Low moods cause behaviour problems

Sleep for cognition, focus and attention



- Better concentration, memory, working memory
- Impulse control
- One hour less sleep than usual affects cognition
- Sleep quality and quantity predict performance

SYMPTOM OF ADHD

Hyperactivity
Impulsive behavior
Inattentive/easily distracted
Low self-control
Prone to make careless mistakes or ignore details
Difficulty waiting or taking turns
Difficulty organizing tasks
Difficulty listening or paying attention
Prone to interrupt frequently
Prone to squirming, tapping, or fidgeting
Difficulty sitting still
Extreme restlessness
Inability to stay quiet when appropriate

SYMPTOM OF SLEEP DEPRIVATION

Hyperactivity
Impulsive behavior
Inattentive/easily distracted
Low self-control
Prone to make careless mistakes or ignore details
Irritability
Stubbornness
Difficulty waking up



What happens during sleep?

- Glymphatic system clears toxins from brain
- Reenergizes brain cells with glucose
- Experiences from the day are processed
- Memories are consolidated
- Synapses are formed



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How to get your child to sleep well?



Exercise for sleep

- Gentle versus intense exercise
- Melatonin rises 1 hour earlier after exercise
- Morning exercise vs evening: Parasympathetic (am) vs sympathetic (pm)
- Shorter time to fall asleep
- Less waking in the night
- Deeper sleep
- Sleep helps exercise!



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- Turn off screens and light the candles
- Blue light from screens interferes with melatonin production
- Orange light from candles promotes melatonin production
- F.lux app changes colour on screens
- Orange glasses



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Healthy sleep environment

- Allergen free air and bed: dust mites
- Healthy mattress: latex
- Healthy duvet, pillow, and sheets: cotton, bamboo
 - Not scratchy
 - Helps temperature regulation
- Pyjamas: cotton, no fire retardants or nylon/polyester
- Weighted blanket?
- Dark vs nightlight



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Calming bedtime routine

Never let a child cry to sleep

- Start early to avoid stress hormone surge
- Avoid additives and sugar at dinner
- Chamomile tea
- Bath with magnesium salts, lavender oil
- Massage
- Read a calming story
- Write a (worry) journal
- Relaxation: Smiling Mind App, music



Healthy breathing during sleep

- No snoring
- Nose breathing
- Clean air



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Co-sleeping



Remember

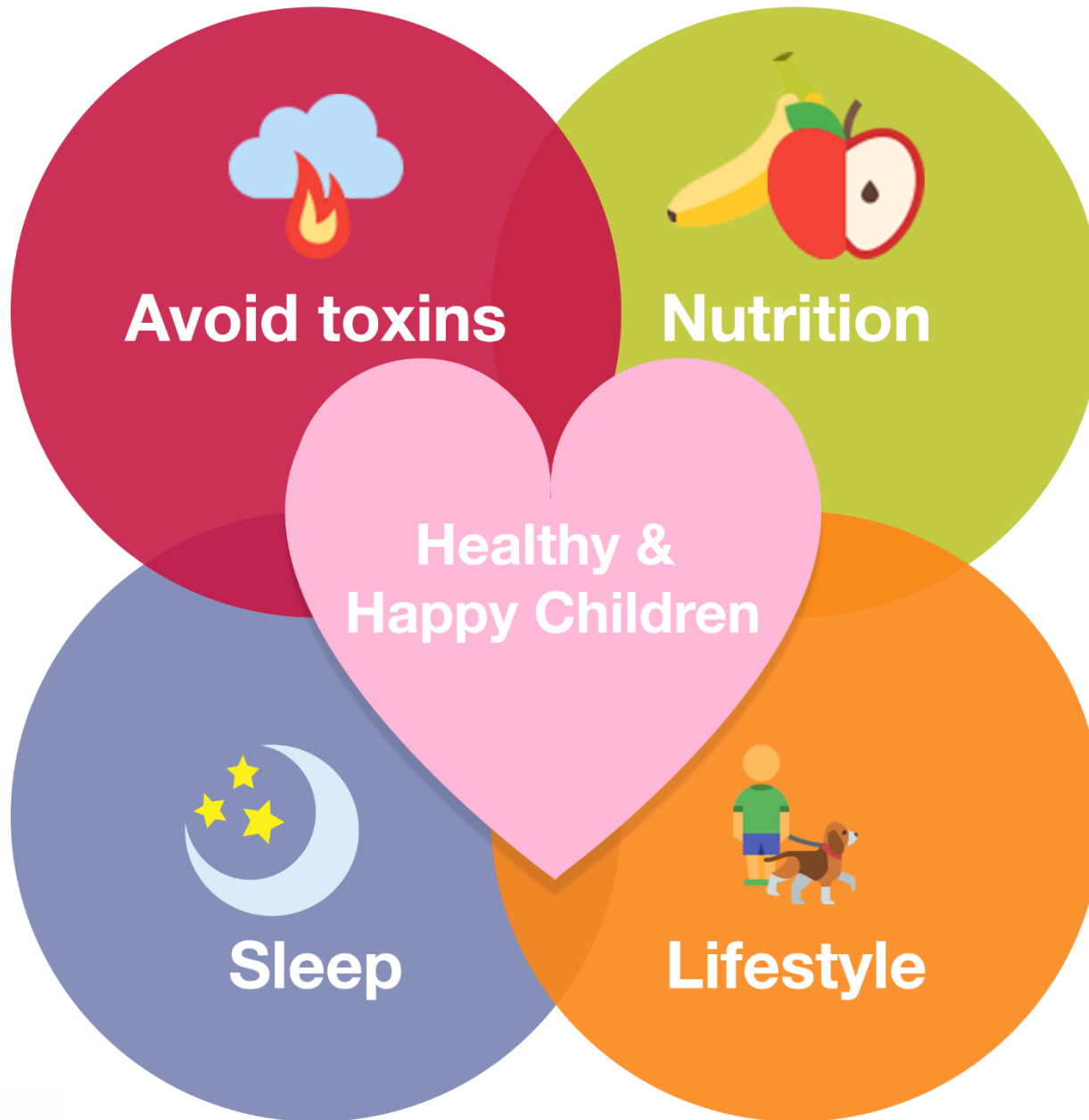
- Sleep is essential for health, development, behavior, and happiness
- For good sleep:
 - Exercise during the day
 - Turn off screens 2 hours before bedtime
 - Relaxing bedtime routine



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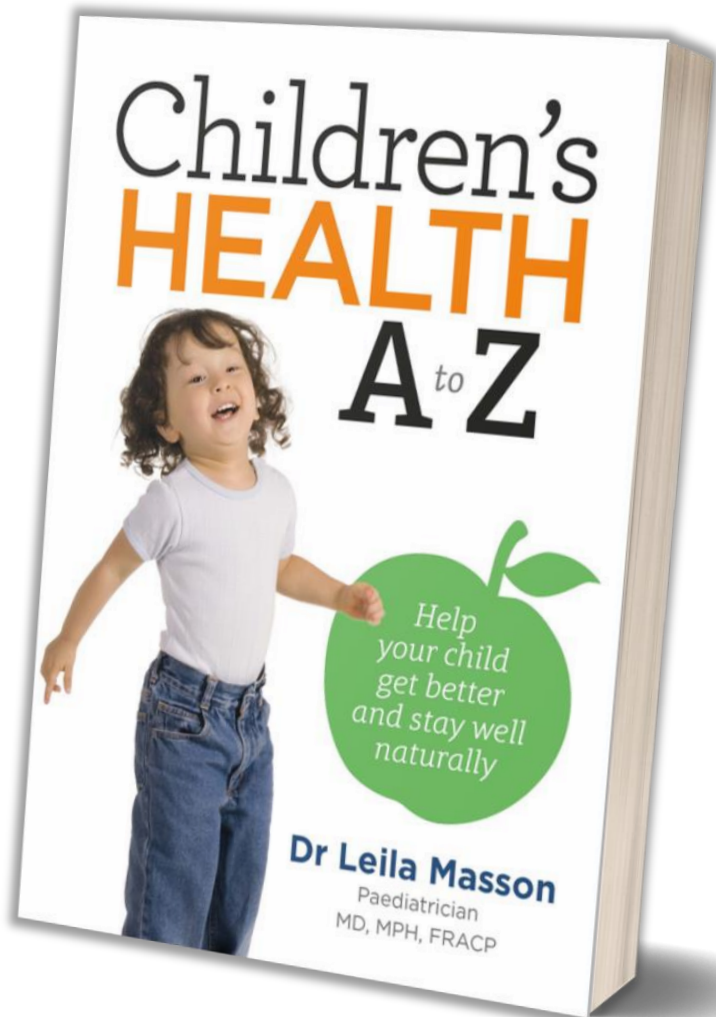
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My book

Children's Health A to Z



“A fantastic resource to have on hand. Great easy to understand advice and recommendations. A must-have!”



“Great book it is our bible in our house. If something is wrong with our children this is our first point of reference. Very easy to use and understand . Great present for a new parent.”



“This book is my go to every time our 3 children fall ill, its full of helpful remedies which really work and it is so easy to use and follow.”



“Incredible book -my go to for any childhood illness. Fantastic, knowledgeable advice. Easy to understand and follow. Highly recommend.”

Available at: Amazon, Fishpond and Bateman publishing



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