Who Can Help?

- First, consult your pediatrician/family practice doctor for advice and to make sure that medical problems aren’t causing your child’s sleep problems (such as: colic, allergies, ear infection, breathing problems, or other health-related concerns).
- If needed, consult a sleep expert. A sleep expert will most likely recommend a short-term behavioral intervention. Behavior therapy often works, even with severe and long-standing sleep problems.
- It may be helpful to keep a dairy of your child’s sleep patterns and behaviors before your visit to help your doctor understand and treat the sleep problem.

Resources

To find a sleep expert and for more information:

- http://www.sleepfoundation.org/
- http://www.sleepcenters.org/
- http://www.sleepeducation.com/
- Ohio resource: http://www.sleepohio.com/
- Florida resource: http://www.childrenssleeplab.com/classwebsite3_003.htm

Information provided by:
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For more information or to print additional copies visit http://fffcic.org or www.nisonger.osu.edu/bhip/
What do We Mean by Sleep Problems?

About 43% of all kids and as many as 86% of kids with developmental delays experience some type of difficulty with sleep.

Problems include:
- Difficulty settling down and falling asleep at bedtime
- Frequently waking up during the night
- Irregular sleep patterns
- Sleeping only in short stretches at a time
- Night Terrors
- Feeling tired during the day

Why Should We Help Kids Sleep Better?

- Good sleep is important for health, growth, and development
- Kids with sleep problems have trouble:
  - Thinking
  - Remembering
  - Paying attention
  - Being creative
  - Succeeding at school
- Sleep problems can make kids moody and short-tempered
- When kids sleep poorly, the whole family suffers! Moms of poor sleepers are more likely to be:
  - Stressed
  - Depressed
  - Have marriage problems
  - And may be more likely to abuse their kids!

What can help kids sleep better?

- Keep a consistent bedtime routine beginning at the same time every day
- Put PJs on right before the bedtime routine
- Include a series of quiet activities (e.g., bathing, brushing teeth, reading a book) and end in the child’s bed
- Avoid sugary foods/drinks for at least 2 hours before bed
- Keep your child’s bedroom cool, dark (nightlight only), and quiet
- Let your child fall asleep alone
- NOTE: Avoid TV and videos before bed, they make it harder for kids to settle down to fall asleep and increase the likelihood of waking up in night.