

Sleep Issues in Early Childhood



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The National Sleep Foundation reported:



- Over 2 million children today have some type of sleep disorder.
- An estimated 30 to 40 % of children do not get enough sleep.
- Sleep Apnea has also been linked to many other problems in children such as SIDS, ADD, ADHA, Autism, Obesity, Narcolepsy, Insomnia, Cardiovascular, etc.
- Over 18 million Americans suffer from sleep apnea and sleep disorders.





College and Beyond

Teenage Years

Elementary Years

Birth to 5 years of age

LOVING LESSONS

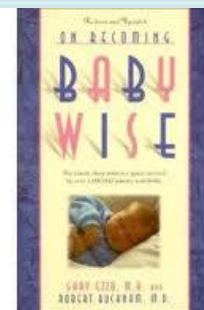
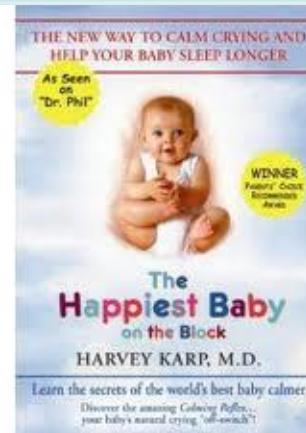
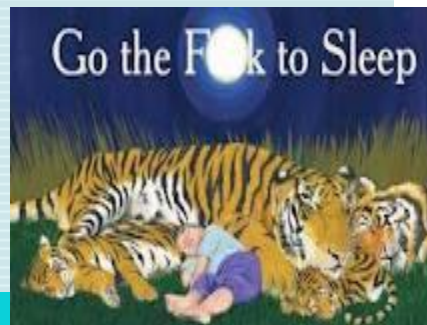
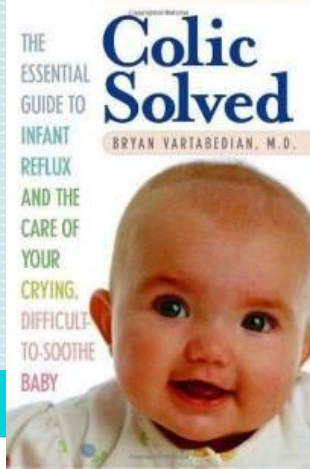
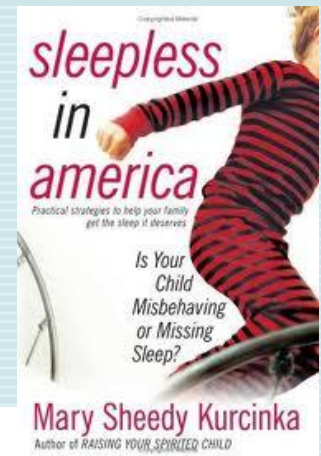
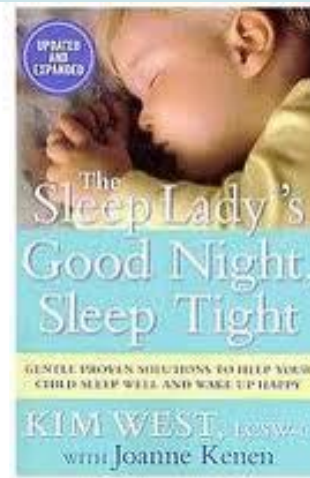
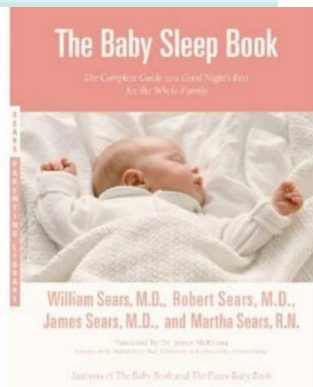
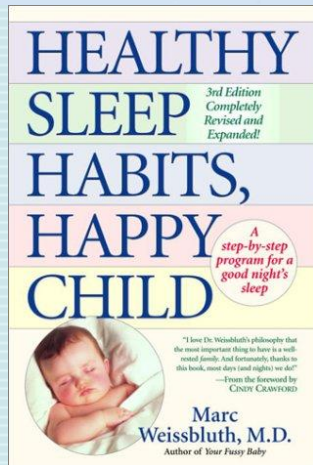
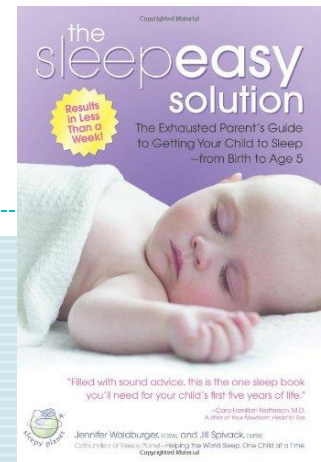
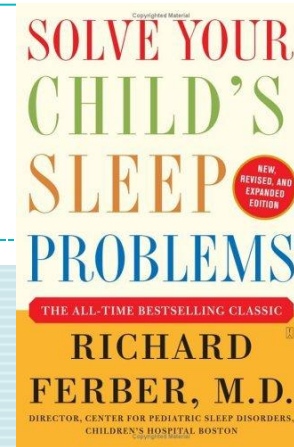
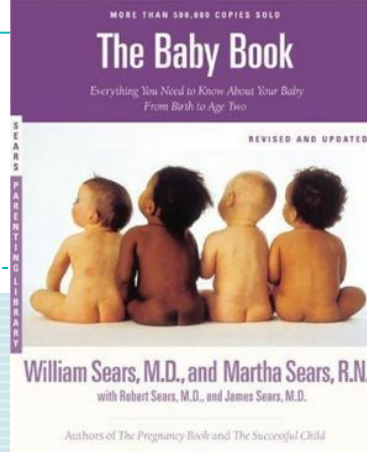
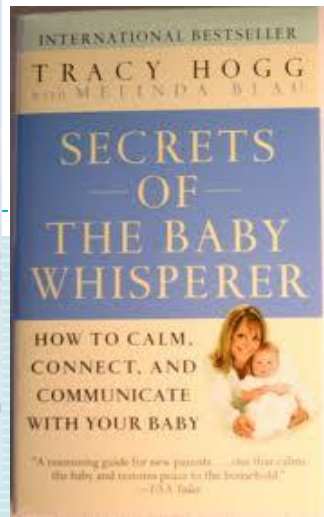
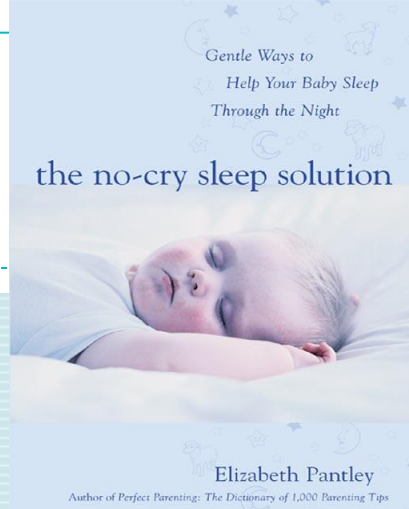


Agenda



- 5 things that keep children from sleeping & the Science of Sleep
- Importance of Consistency
- Children with Special needs
- Question/Answer





What affects the amount of crying?



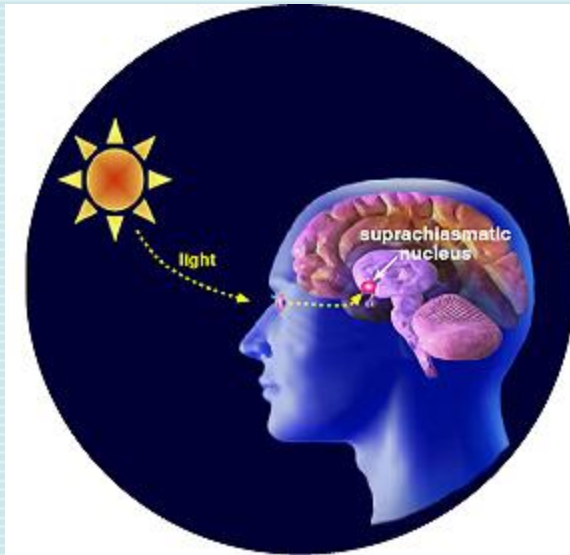
- Age of the child
- How inconsistent a parent has been
- Temperament



Quality Sleep- The right kind of sleep



Quantity- The right KIND of sleep



Quantity of Sleep- The Right Amount



1. Too late of a bedtime



2. Nap Deprivation



Early Rising

Frequent night wakings



3. Child is put down in crib or bed asleep.



Sleep Crutches/Associations



4. Underlying Medical Condition



Asthma



Apnea

Allergies



Reflux



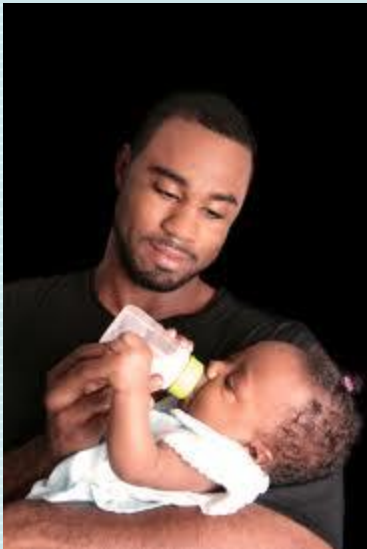
5. Consistency in your response to your child at night



Why Consistency Is Key



- **Scenario #1**



Why Consistency Is Key



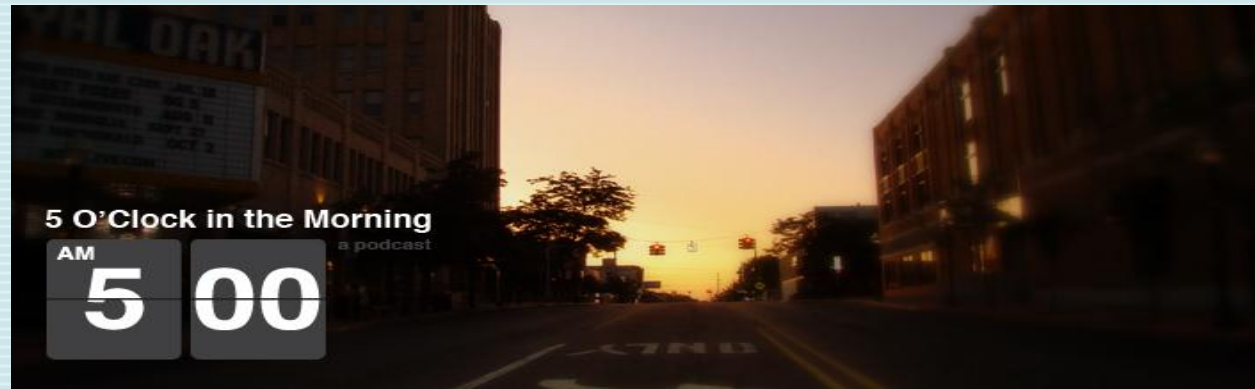
- **Scenario #2**



Why Consistency Is Key



- **Scenario #3**



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"Mom, did you know that if you turn the clock upside down, '4:45' spells 'Shh?'"



Children with special Needs



- One study (Ahn, Miller, Millberger, McIntosh, 2004) shows that at least 1 in 20 children's daily lives is affected by SPD.
- Another research study by the Sensory Processing Disorder Scientific Work Group (Ben-Sasson, Carter, Briggs-Gowen, 2009) suggests that 1 in every 6 children experiences sensory symptoms that may be significant enough to affect aspects of everyday life functions.





- International Society for Autism Research has found that both sleep and sensory processing have been linked to overall arousal and stress hormone cortisol.



So what does that mean for my child?



Steps to better sleep



- Sleep environment
- Sleepy cues
- Consistent bedtime and wake time
- Bedtime routine
- Down awake
- Be consistent



The Good News



- *The value of sleep can be measured by your child's smiling face, happy nature, and natural energy.*

○ -The American Academy of Sleep Medicine

➤ Trusted Websites:

- National Sleep Foundation
- American Academy of Sleep Medicine
- CDC- Center for Disease Control



More Good News



- Check with Pediatrician
- Project Enlightenment
- My website and Facebook
- Consultation or workshop
 - Add a bonus follow up phone call to any consultation or package when you mention “Sleep talk on TelAbility.”
- **919-414-2978 or www.IreneGouge.info**



References and Recommended Books



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