

Sleep: Treatments

Step 1: Determine Your Sleep Needs

4 – 12 months old (Infants)	12 – 16 hours (including naps)
1 – 2 years old (Toddlers)	11 - 14 hours (including naps)
3 – 5 years old (Pre-school Aged children)	10 - 13 hours (including naps)
6 – 12 years old (School aged) children)	9 – 12 hours*
13 – 18 years old (Teenagers)	8 - 10 hours*
<i>School aged children and teens tend not to take naps. These guidelines can include naps if the child takes naps on a regular basis.</i>	

Step 2: Determine Your Sleep Problem—Keep a Sleep Diary

- Write down any:
 - Problems falling asleep
 - Problems staying asleep
- Write down what you do for your sleep routine every night.
- Think about any medical problems that may worsen sleep.
 - **Sleep apnea** — an pause in breathing during sleep due to the brain not getting enough oxygen. This can cause snoring or waking and gasping for air. This can be associated with obesity.
 - **Enlarged tonsils and adenoids** — common cause of sleep apnea in children
 - **Narcolepsy** —sleep attacks at different times of the day, even if getting a normal amount of sleep at night.

Step 3: Talk To Your Doctor About Treatment Options

- 1) Sleep hygiene
- 2) Cognitive Behavioral Therapy for Insomnia (CBT-I)
- 3) Melatonin supplementation
- 4) Sleep study for further medical work up if needed

References:

How much sleep do I need? (2017, March 2). Centers for Disease Control and Prevention.
https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html