

Managing Common Sleep Disorders in Children

For the general practitioner and paediatrician

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At the end of this talk participants will:

- Know the Prevalence of sleep problems
- Know about sleep requirements in children
- Have a framework for sleep screening in clinic
- Understand about screen time and sleep associations
- Be able to manage some common behavioural sleep problems in young children

What is a 'Sleep Disorder?'

Sleep disorders are conditions, either internal or external, that interfere with the refreshing nature of a child's sleep or that significantly disrupts other people.

Prevalence of Sleep Problems

- Worldwide
 - Paediatricians report <25% of patients[#]
 - Parents report 12% (half)*
- In Singapore
 - parents report problems in 44% of infants and toddlers (birth – 36 months) (10% Vietnam 70% China)

[#] Owens JA. The practice of pediatric sleep medicine; results of a community survey. Pediatrics. 2001;108(3):E51

*Chervin RD, Archbold KH, Panahi P, Pituch KJ. Sleep problems seldom addressed at two general paediatric clinics. Pediatrics. 2001;107(6):1375-80

**Mindell JA, Sadeh A, Wiegand B, How TH, Goh DY. Cross cultural differences in infant and toddler sleep. Sleep Med. 2010 Mar;11(3):274-80.

'Just Ask' about the child's sleep

- Sleep is commonly not addressed within family practice with low rates of prevention, identification and intervention

Just Ask

What do I ask ?

- Most primary care physicians use a single global question about ‘sleep problems’ as a screener
- Why is this an issue?

Parents may not think sleep is a 'problem' in their child

- Parents may not raise problematic sleep symptoms or patterns due to a lack of knowledge about sleep, or cultural beliefs about what is appropriate to discuss with their family physicians
- There are gaps in parent knowledge about sleep

How much sleep are children in Singapore getting?

Children from predominantly-Asian countries had significantly **later bedtimes**, **shorter total sleep** times, increased parental perception of sleep problems, and were more likely to room-share than children from predominantly Caucasian countries/regions

*Mindell JA, Sadeh A, Wiegand B, How TH, Goh DY. Cross cultural differences in infant and toddler sleep. Sleep Med. 2010 Mar; 11(3):274-80.

How much sleep are children in Singapore getting (0-36 months)?

	Singapore	Australia
Bedtime	9:37 pm	7:42pm
Nighttime sleep (hrs)	9.26	10.17
Waketime	7:28 am	6:35 am
Total sleep time including naps	12.36	13.16
Parent perceptions - problems	~44%	~31%
Co-sleeping	74%	27%
Consistent bedtime routine	60%	75%

*Mindell JA, Sadeh A, Wiegand B, How TH, Goh DY. Cross cultural differences in infant and toddler sleep. Sleep Med. 2010 Mar; 11(3):274-80.

P values < 0.001

How much sleep does your child need?

Age	Recommended hours of sleep/day
Newborn	16-18 hours
Preschool Age	11-12 hours
School age children	At least 10 hours
Teens	9-10 hours
Adults	7-8 hours

AGE	TOTAL HOURS OF SLEEP	DAY TIME (NAPS) HOURS
1 week	16.5	8
1 month	15.5	6
3 months	15	5
6 months	14.25	3-4
9 months	14	3
12 months	13.75	2-3
18 months	13.5	2
2 years	13	1-2
3 years	12	1
4 years	11.5	
5 years	11	
6 years	10.75	
7 years	10.5	
8 years	10.25	
9 years	10	
10 years	9.75	
11 years	9.5	
12 years	9.25	
13 years	9.25	
14 years	9	
15 years	8.75	
16 years	8.5	
17 years	8.25	
18 years	8.25	

*National heart, lung and Blood Institute, USA

What do I ask in clinic?

Ask about the
Quantity and Quality
of a child's sleep at
every well child visit

'BEARS' tool

1. **B**edtime problems
2. **E**xcessive daytime sleepiness
3. **A**wakenings during the night
4. **R**egularity and duration of sleep
5. **S**leep-disordered breathing
6. **S**creen Time

	Toddler/preschool (2-5 years)	School-aged (6-12 years)	Adolescent (13-18 years)
1. Bedtime problems	Does your child have any problems going to bed? Falling asleep?	Does your child have any problems at bedtime? (P) Do you have any problems going to bed? (C)	Do you have any problems falling asleep at bedtime? (C)
2. Excessive daytime sleepiness	Does your child seem overtired or sleepy a lot during the day? Does she still take naps?	Does your child have difficulty waking in the morning, seem sleepy during the day or take naps? (P) Do you feel tired a lot? (C)	Do you feel sleep a lot during the day? In school? While driving? (C)
3. Awakenings during the night	Does your child wake up a lot at night?	Does your child seem to wake up a lot at night? Any sleepwalking or nightmares? (P) Do you wake up a lot at night? Have trouble getting back to sleep? (C)	Do you wake up a lot at night? Have trouble getting back to sleep? (C)
4. Regularity and duration of sleep	Does your child have a regular bedtime and wake time? What are they?	What time does your child go to bed and get up on school days? Weekends? Do you think he/she is getting enough sleep? (P)	What time do you usually go to bed on school nights? Weekends? How much sleep do you usually get? (C)
5. Snoring	Does your child snore a lot or have difficult breathing at night?	Does your child have loud or nightly snoring or any breathing difficulties at night? (P)	Does your teenager snore loudly or nightly? (P)

The 'BEARS' Sleep Screening Tool

(P) Parent-directed question

(C) Child-directed question

Source: "A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems" by Jodi A. Mindell and Judith A. Owens; Lippincott Williams & Wilkins

Sleep Management Strategies

- Most problems with sleep are learned behaviours
 - Problems falling asleep (sleep initiation)
 - Frequent night-time wakening

1. Problems falling asleep

- Establish a good bedtime routine
- Sleep associations are important
- Put to bed awake
- Behavioural strategies include controlled crying & graduated extinction

2. Frequent Night time wakening

- Graduated Extinction
- Controlled Crying
- Camping out
- Scheduled Waking

Sleep Management Plan For :

Date: ____/____/____

Before Bed - Pre Bedtime Routine:

Bottle of milk. Remove milk bottle before child falls asleep

At Bedtime:

DO NOT OFFER BREAST. DO NOT ROCK. Place in cot and pat to sleep

How to Manage Crying or Protesting at Bedtime:

Stay with child until he falls asleep. DO NOT PICK UP FROM COT

How to Manage Night time Waking:

Reassure "mummies here". Pat to sleep. DO NOT PICK UP FROM COT

Daytime Nap

SAME AS BEDTIME

Remember - stick with the plan and sleep pattern will improve.

Sometimes things will seem a bit worse before they get better. Hang in there.

In summary

- Children need much more sleep than adults
- Perceptions of sleep problems in children vary across predominantly asian or predominantly caucasian cultures
- Physicians to ask about sleep in the well child visit – use screening tools where possible