

Sleep Disorders

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TYPES

- Children's Sleep Disorders
 - Delayed Sleep Phase
 - Night Terrors
 - Separation Difficulties
- Insomnia
- Sleep Apnea
- Periodic Limb Movements
- Narcolepsy

CHILDREN'S SLEEP REQUIREMENTS

- Elementary aged children need 10-12 hours of sleep
- Middle school aged children need 9-10 hours of sleep
- High school aged children need 8-9 hours of sleep

DELAYED SLEEP PHASE

- SYMPTOMS
 - Tendency to fall asleep late and arise late the next day
 - Teens may sleep late on weekends
- TREATMENT
 - 1 mg of melatonin at 6 pm
 - Lights out and no electronics including a light component for 8-9 hours before arising the next day

SEPARATION DIFFICULTY AT NIGHT

- SYMPTOMS
 - Children sometimes leave their bedroom to go to their parent's room
- STRATEGY
 - Two 5-minute laminated passes to visit parent(s)
 - Having the passes is reassuring
 - If kids use the passes properly, they can earn a reward the next day to reinforce this desired behavior

NIGHT TERRORS

- SYMPTOMS
 - Occur 60-90 minutes after falling asleep
 - Child appears to wake up and seems agitated
 - Parent may try to soothe the child during the night terror, but the child might become more agitated
- STRATEGIES
 - Planned awakenings
 - Over a several week period, monitor the night terrors to determine approximate time of onset. Over the next 2 weeks the child would be awakened 10-15 minutes before anticipated night terror and this may break the cycle of night terrors

INSOMNIA

- SYMPTOMS
 - Difficulty initiating or remaining asleep
- TREATMENT
 - Sleep hygiene
 - Turn the clock away before bed
 - Take a hot bath or shower right before bed, as body temperature will cool quickly coming out of the hot shower, and lowering the body temperatures is associated with deeper sleep
 - Schedule 15 minutes of “worry time” in early evening
 - Avoid use of caffeine after 12 noon
 - Use bedroom only for sleep
 - Sleep restriction
 - If unable to sleep leave the bedroom, participate in a quiet activity outside the bedroom (ie. reading), and then return to the bedroom when sleepy, waking up at the same time every day
 - Relaxation techniques such as diaphragmatic breathing before sleep

SLEEP APNEA

- SYMPTOMS
 - Loud snoring and pauses in breathing
 - Morning headache
 - Daytime fatigue
 - Potentially increased blood pressure and swelling of ankles
- TREATMENT
 - Avoid sleep on the back by placing a tennis ball in the small pouch of a nightshirt
 - Weight loss
 - CPAP (Continuous Positive Airway Pressure)
 - Surgery (eg. UPPP)

PERIODIC LIMB MOVEMENTS

- SYMPTOMS
 - Leg jerking in sleep which may shift the sleep from deeper to lighter sleep
- TREATMENT
 - Obtain serum ferritin level, as low iron may be associated with leg jerking and/or restless legs
 - Avoid certain medications that make this worse
 - Direct treatment with dopamine agents or benzodiazepine medication

NARCOLEPSY

- SYMPTOMS
 - Excessive daytime sleepiness
 - Sleep attacks/urge to sleep
 - Hypnagogic hallucinations (as one is falling asleep or arising the next day they feel as if they are still in a dream)
 - Sleep paralysis (as one falls asleep or arises they are awake but cannot move their extremities)
 - Cataplexy (sudden body weakness with any kind of emotional experience)
 - Note: When taking a nap in narcolepsy, this nap is refreshing (unlike in sleep apnea)
- TREATMENT
 - Behavior-based strategies
 - Preventing REM intrusion into wakefulness manifested by cataplexy
 - At times an anti-depressant medication may be considered to suppress REM; also, to assist with remaining awake, long acting stimulant medications may be considered (Concerta, Vyvanse) or Provigil/Nuvigil