

SLEEP SHARED DECISION MAKING

Sleep Hygiene is the term used to describe good sleep habits. Sleep hygiene tips are designed to enhance good sleeping, and can provide long-term solutions to sleep difficulties. Below are some sleep hygiene tips:

The Sleep “Environment”

- Get comfy – make sure the bed and bedding are comfortable
- No distractions – all screens (TVs, computers, tablets, phones) need to be out of the room, and avoid any use 2 hours prior to bedtime
- Avoid scary things prior to bedtime – do not read or watch anything scary before bedtime
- Soothing sounds – listen to relaxing music, may use ear plugs if needed
- Soothing smells – try using some lavender or chamomile in a diffuser
- Safety -make sure the house feels safe and secure
- Darkness – the darker the better for better sleep. Avoid screens as the blue light makes sleeping more difficult, and avoid bright light before bed
- Warm it up – a warm bath or shower helps
- Cool room temperature – sleeping is better in a cool room; a light blanket can be added if needed

Sleeping Routines

- Try a light snack with protein (nuts, milk, cheese, yogurt, peanut butter, hard boiled eggs, etc.) and a complex carbohydrate (fruits or vegetables, whole grain crackers or toast, etc.)
- Try a cup of warm herbal tea – chamomile, lemon balm, hops or passion flower
- Take a warm bath or shower within 1 hour of bedtime
- Have a routine – go to bed at the same time and follow a routine before bed
- Read something that is calming
- Try meditation prior to bedtime
- Keep a journal – writing nightly about your feelings can help
- Avoid screens to help get to sleep
- Avoid caffeine, spicy foods, and smoking/vaping at least 4 hours prior to sleep

Expected amount of sleep by age

- 3-5 years → 10-13 hours (including naps)
- 6-12 years → 9-12 hours
- 13-18 years → 8-10 hours

During the Day

- Limit daytime napping to 45 minutes (no nap is even better)
- Get some sun – sunlight has melatonin that helps sleep
- Get some exercise – 30 minutes of exercise helps sleep
- Eat healthy

*****If your child’s sleep does not improve with consistent use of these strategies, you should consult your child’s pediatric provider to review your child’s sleep and assist in improving sleep hygiene.**

DRUG	CATEGORY	HOW LONG IT WORKS	COMMON SIDE EFFECTS
Melatonin	OTC	5 hours	Nightmares Headaches Fatigue
Valerian root	OTC	4-6 hours	Headache. Dizziness Stomach issues
Hydroxyzine	Anti-histamine, works on brain receptors to cause drowsiness	4-6 hours	Headache Sleepiness
Clonidine	Alpha agent	5-13 hours	Headache, Dizziness Stomach issues, constipation Dry mouth, dry eyes
Trazodone	Serotonin modulator	5-13 hours	Sedation Fatigue
Mirtazapine	Serotonin modulator	20-40 hours	Sedation Fatigue
Doxepin	Serotonin modulator	Up to 8 hours	Sedation Fatigue
Lunesta	Selective GABA medication	6 hours	Headache, Dizziness Grogginess Cold-like symptoms Dry mouth
Ambien	Selective GABA medication	2 hours	GI upset – Nausea/Vomiting/Diarrhea, Decreased appetite Muscle cramps

When starting your child's sleep medication:

- The provider will help you pick the best medication
- Your child will be started on a lower dose to watch for side effects
- The medication may need to be adjusted or changed to get the best results.
- You and your child will have scheduled visits to review the medication
- If you have concerns in between visits, call our office at 784-5782

Sleep References:
Clinical Psychiatry
WebMD
AAP