



Quick Tips for Providers: *Promoting Healthy Sleep*

Sleep is vital for the physical, mental, and emotional development of children. Sleep problems are often mistaken for other mental and physical health concerns, and they are one of the top reasons young children are started on medication.

Explore Current Sleep Patterns

A first step is asking parents/caregivers about their child's sleep habits as well as family routines surrounding sleep.

Use the BEARS Screening Tool: Bedtime issues, Excessive daytime sleepiness, night Awakenings, Regularity and duration of sleep, and Snoring. To access please visit: <https://www.childrenshospital.org/centers-and-services/programs/o--z/pediatric-sleep-disorders-center-program/clinician-resources>.

Additional questions for parents/caregivers:

- What is the usual routine in your household between dinner and bedtime?
- What is your routine in the 30 to 60 minutes before bedtime?
- How many hours of screen time does your child engage in daily?
- Does your child use a cellphone, tablet, or watch TV 30 to 60 minutes before bed?

Evaluate What Factors Might be Contributing to Poor and Interrupted Sleep

- Ask children or parents to complete a sleep diary.
- Ask about any recent stressors.
- Rule out other health factors such as apnea, snoring, pain, colic, and caffeine consumption.

Strategies for Families

- Maintain the same wake-up time on weekends as on weekdays.
- Promote exercise and time outdoors.
- Limit caffeine and sugar intake.
- Stop use of electronics/screens at least an hour before bed.
- Establish consistent and comforting bedtime routines.

For more information, please visit www.sleepfoundation.org and www.healthychildren.org.

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