

Sleep Hygiene/Mental Health Hygiene

Presenting Problem:

A participating PCP emailed a consultation request to WICPCP regarding sleep issues in pediatric patients. They had already been getting questions from parents about how to establish good sleep routines in general, but now are getting increasing questions about how to manage sleep over the upcoming holidays. The PCP requests input on how best to address these concerns with parents.

Consultant's Response:

- Good steady sleep routines are so important and should be maintained as much as possible. Here are the recommendations to be used *year-round*: [Primary Reference: A Clinical Guide to Pediatric Sleep](#) This resource page is available in [Spanish](#)
- Special Focus on Electronics (TVs, cell phones, gaming devices, computers, and tablets)
 - Set consistent time limits for daily use of electronics; the youngest age 'needs' the least time.
 - Avoid screen time at least 1 hour before bedtime, as screen lights can lower sleep quality.
 - Create a "Tech Free Zone" in the bedroom and remove electronics (ex. charge cell phone and computer in the kitchen at night; remove TV).
 - Use an old-fashioned alarm clock instead of the cell phone to wake up.
 - Be a role model and set a good example for your child or teen!
- [How to factor in the Holidays](#)

Teaching Points:

- Good steady sleep routines are so important to well-regulated sleep, and should be maintained as much as possible, even during the holidays.
- One page parent handouts about sleep hygiene for young kids and for teens are at these links: [Healthy Sleep Habits for Children & Teens](#)