

SLEEP AND ME*

Date: ____ / ____ / ____

ARE WE READY?

CHILD/ADOLESCENT

Does good sleep make me feel better? Yes No
 Is improving my sleep important to:
 me my parents both
 How much of a commitment can I make regarding media?
 a lot a little

PARENT

How much of a commitment can you make regarding media?
 a lot a little

No electronics for 1 hour before getting into bed. WE RECOMMEND 100% FOR 2 WEEKS



FILL THIS OUT IN THE MORNING:

Last night I got into my bed at:
 6pm 7 8 9 10 11 midnight 1 2 3am

Last night, I fell asleep at:
 6pm 7 8 9 10 11 midnight 1 2 3am

Last night, I fell asleep (circle one):
 easily with difficulty lots of difficulty

Last night, I woke up during the night (circle one):
 0x 1x 2x 3x 4x

This morning, I woke up at:
 4am 5 6 7 8 9 10 11 noon 1pm

This morning, I turned on the lights and opened the curtains right away?
 Yes No

This morning, I woke up (circle one):
 naturally my parents alarm

This morning when I woke up, I felt:
 great ok awake cranky tired

Anything else? _____



IN MY BED, I BEGIN MY SLEEP RITUAL...

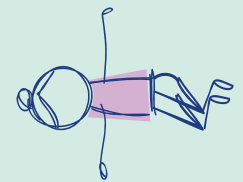
BUTTERFLY POSE:

- Lie on your back. Place your feet on the floor so they are under the knees.
- Draw the soles of the feet together; allowing the knees to open and have them reach to either side of the room.
- Hands can go on your belly, overhead or out to the side.
- 6 breaths (longer exhale than inhale).



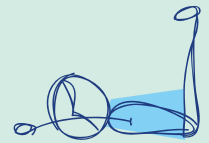
ZIG ZAG POSE:

- Lie on your back with the knees bent and feet flat on the floor.
- Arms are at a 90-degree angle with the shoulders and elbows in line.
- As you exhale, bring the knees over to the right letting them fall wherever they choose. Inhale and come back to center. With the next exhale draw the knees over to the left.
- 6 breaths (longer exhale than inhale) on each side.



LEGS UP THE WALL:

- Lie down on your back and bring the sitting bones close to the wall.
- Extend the legs up to the ceiling with the feet flexed.
- Hold the pose for 5 breaths.



WHOLE BODY MY 5 SENSES:



In my bed, I HEAR _____
 white noise guided meditation music house sounds
 Something else? _____



In my bed, I FEEL _____
 cool sheets warm blankets soft pillow silky pajamas
 Something else? _____



In my bed, I SEE _____
 my book my things
 Something else? _____



In my bed, I SMELL _____
 my regular bed lavender
 Something else? _____



In my bed, I SENSE _____
 peace worry
 Something else? _____

WE RECOMMEND: If I can't fall asleep in approximately 20 minutes I will get out of bed, stay in my room and sit on my floor/comfy chair and do something boring - fold clothes, re-read a book for 15-20 minutes or until I feel sleepy and then get back into bed and begin my sleep ritual again.



FILL THIS OUT BEFORE SLEEP

Today, I only used my bed for sleep: Yes No
 (We recommend comfy chair for everything else)

Today, I exercised/played outside/walked a lot: Yes No
 (We recommend one hour)

Today, I took a nap: Yes No
 For how long? 1 hr 2 hrs 3hrs

Today, I had caffeine (coffee, tea, chocolate, soda): Yes No
 What time? _____
 (We recommend - none after 2 PM)

Anything else? _____



MY NIGHTTIME PLAN:

(We recommend 2 weeks 100% - same order/same time - moving in a forward direction closing in on sleep)

BATHROOM STUFF Time: _____
 (circle one) on my own parents remind

INTO PAJAMAS Time: _____
 (circle one) on my own parents remind

Electronics outside room 1 hour before into bed? Yes No

Dim lights for 1 hour? (turn off overhead) Yes No

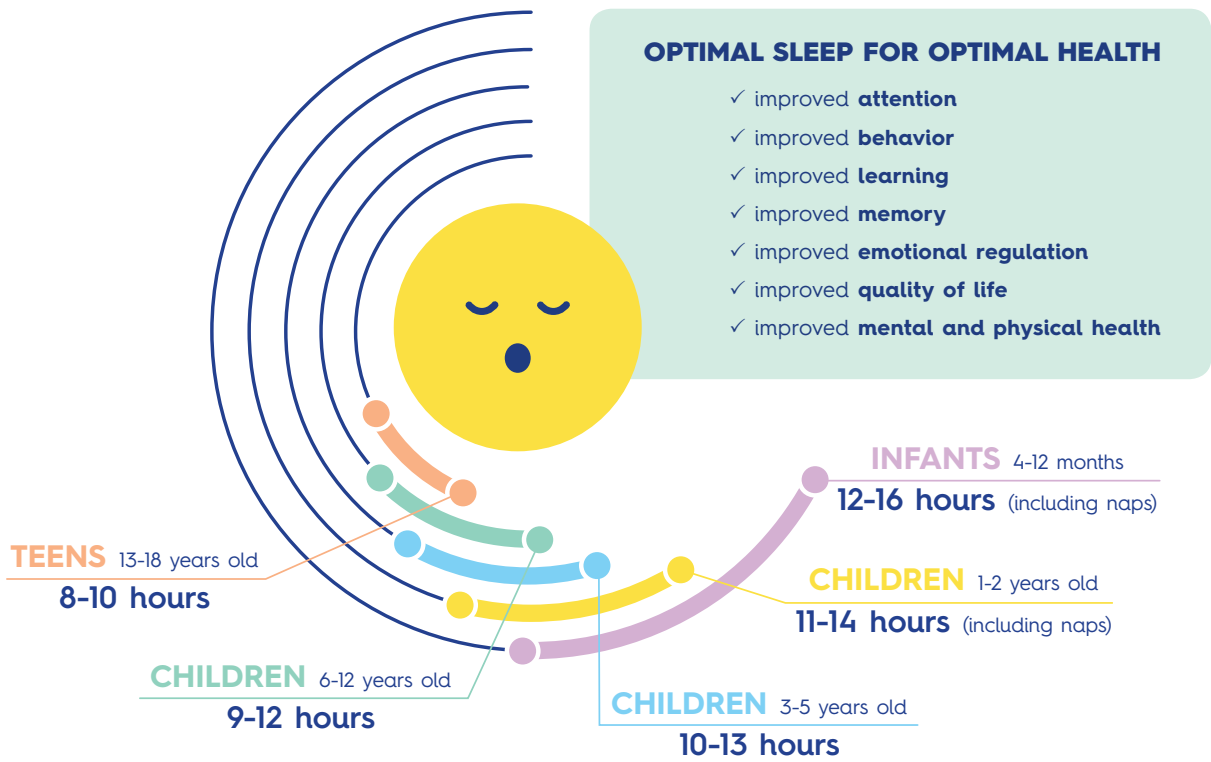
Room is cool enough? Yes No

Anything else? _____

*Please speak to your healthcare provider with any sleep concerns.

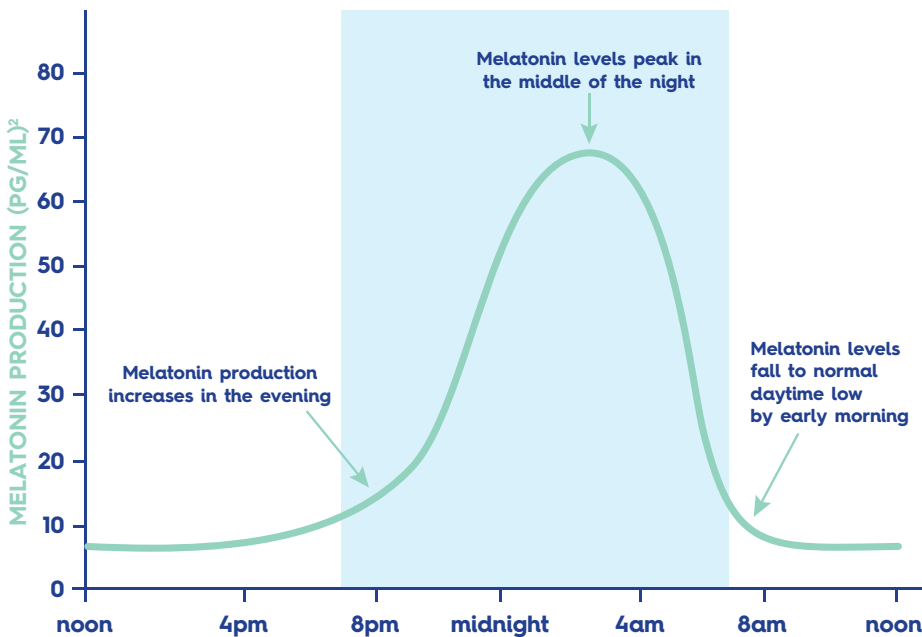
THE SCIENCE BEHIND IT*

American Academy of Pediatrics Childhood Sleep Guidelines¹



MELATONIN

is the hormone made by our bodies that works with our internal clocks and lets us know when it is time to sleep and wake.



More than **five dozen** observational studies using cross-sectional or prospective approaches have examined associations between screen time (*i.e., television, computers, video games, mobile devices*) and a variety of sleep parameters. **In >90% of these studies, more screen time was associated with delayed bedtimes and shorter total sleep time among children and adolescents.**³

The vast majority of studies find an **adverse** association between **screen-based media consumption** and **sleep health**. The underlying mechanisms of these associations likely include the following:³

1. TIME DISPLACEMENT

(i.e. time spent on screens replaces time spent sleeping and other activities)



2. PSYCHOLOGICAL STIMULATION
based on media content



3. EFFECTS OF LIGHT (ON MELATONIN)

emitted from devices on circadian timing, sleep, physiology and alertness.



A child who is resisting being put to bed may come out of the dark bedroom and approach the parents in rooms where lights are on and **they get blasted with light.**

Just even a **short exposure** of bright light may **suppress melatonin** and **shut down** that sleep-promoting effect.⁴



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¹AAP 6/13/16; ²The Paleo Mom, thepaleomom.com; Regulating Circadian Rhythm (and why that's important), February 27, 2014, by Dr. Sarah Ballantyne, PhD; ³Pediatrics, November 2017, Volume 140/Issue Supplement 2, supplement article: "To Help Children Sleep, Go Dark, The New York Times, 3/5/18

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