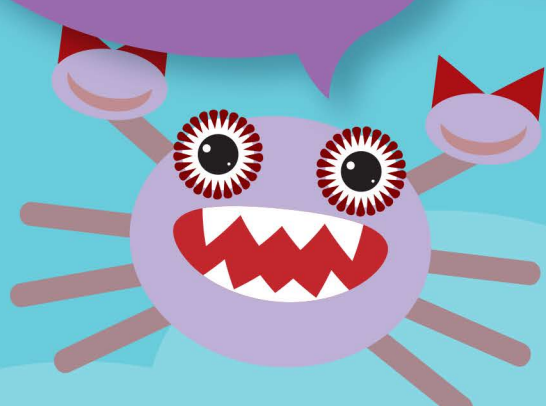


COMMON CHILDHOOD

# SLEEP DISORDERS

UP TO 5% OF CHILDREN EXPERIENCE NIGHT TERRORS



Most of these disorders do not signal a serious medical issue, but can be a sign that a child is not getting enough sleep or, in some cases, is experiencing new stress during the day.

UP TO 15% OF CHILDREN BETWEEN THE AGES OF 6 AND 16 ARE SLEEPWALKERS



## HELP CHILDREN MANAGE THESE SLEEP DISORDERS:

### • WAKE A CHILD PREEMPTIVELY

Parents can help their child prevent a night terror by gently waking them about 15 minutes before a night terror typically happens.

### • PRACTICE A BEDTIME ROUTINE

Create a sleep schedule for your child that may include several steps prior to getting into bed that tells the body it's nearing bedtime.

### • CREATE A SLEEP DIARY

The American Academy of Pediatrics said it can be helpful for a parent to track a child's sleep patterns in a diary and then share that information with the child's physician. Parents should track the information for up to two weeks before sharing it.

### • COMFORT THE CHILD

Comfort in the moment. This may mean staying near them in bed until the episode passes or providing a nightlight for those who are fearful of the dark.



For more information on sleep walking and night terrors in children or to find a Premier HealthNet physician near you, visit [premierhealthnet.com/doctor](http://premierhealthnet.com/doctor).

SOURCE: American Academy of Pediatrics, • Tammy Taylor, DO, a pediatrician at The Pediatric Group, a Premier HealthNet practice