

Sleep in children

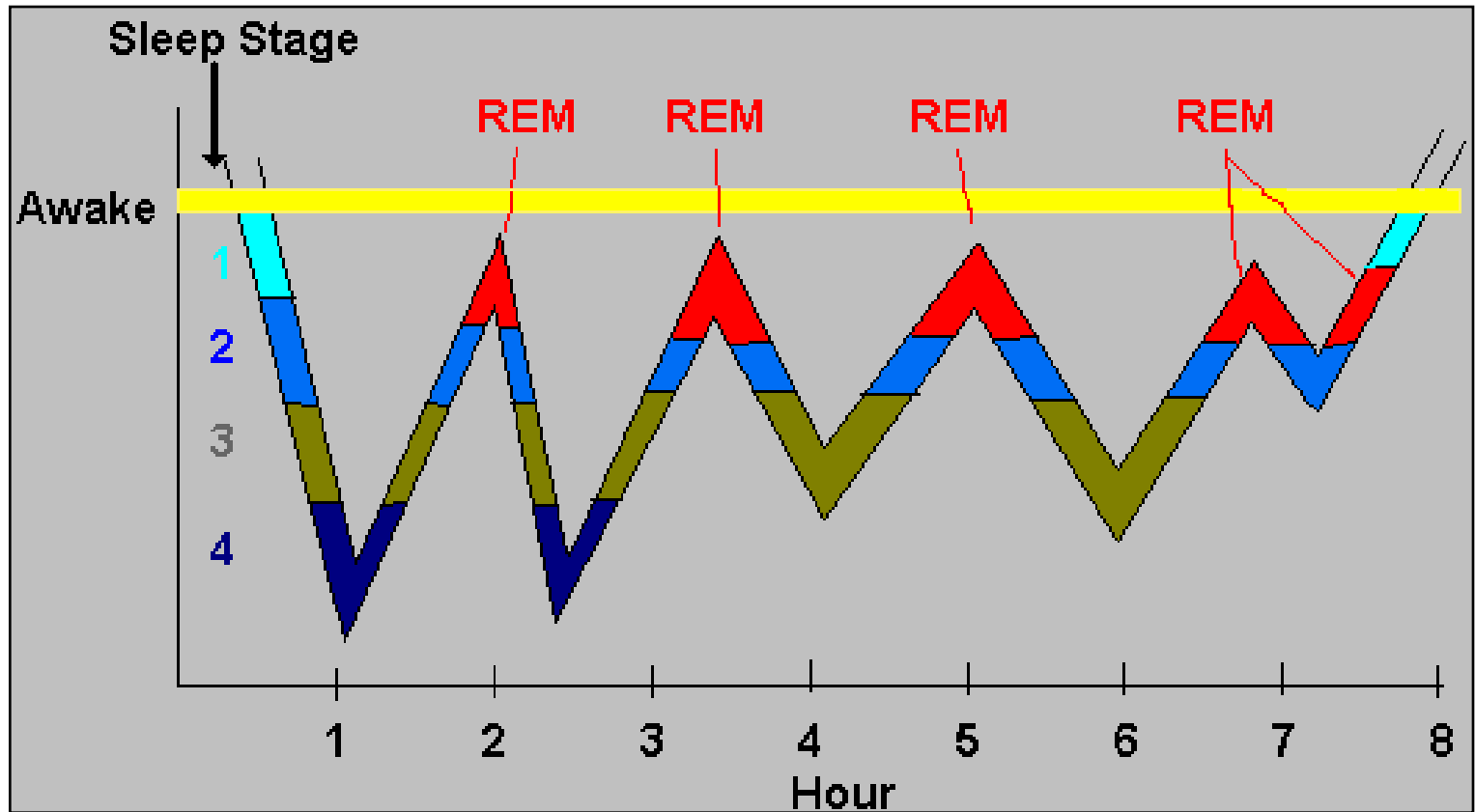
The under recognised impact of
poor sleep on children's well
being



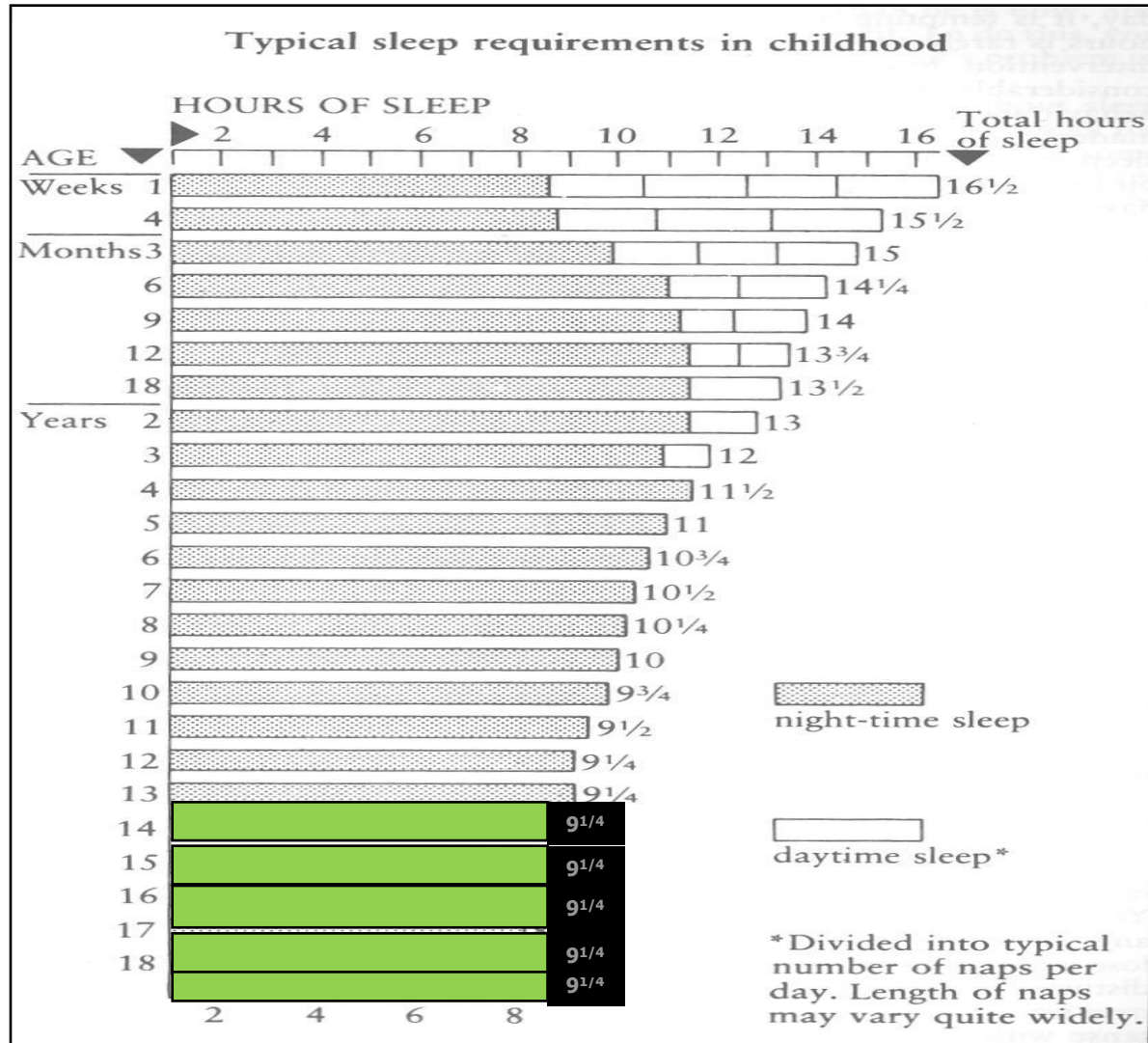
Dr Sarah Blunden
Centre for Sleep Research
University of South Australia



How - Sleep Stages

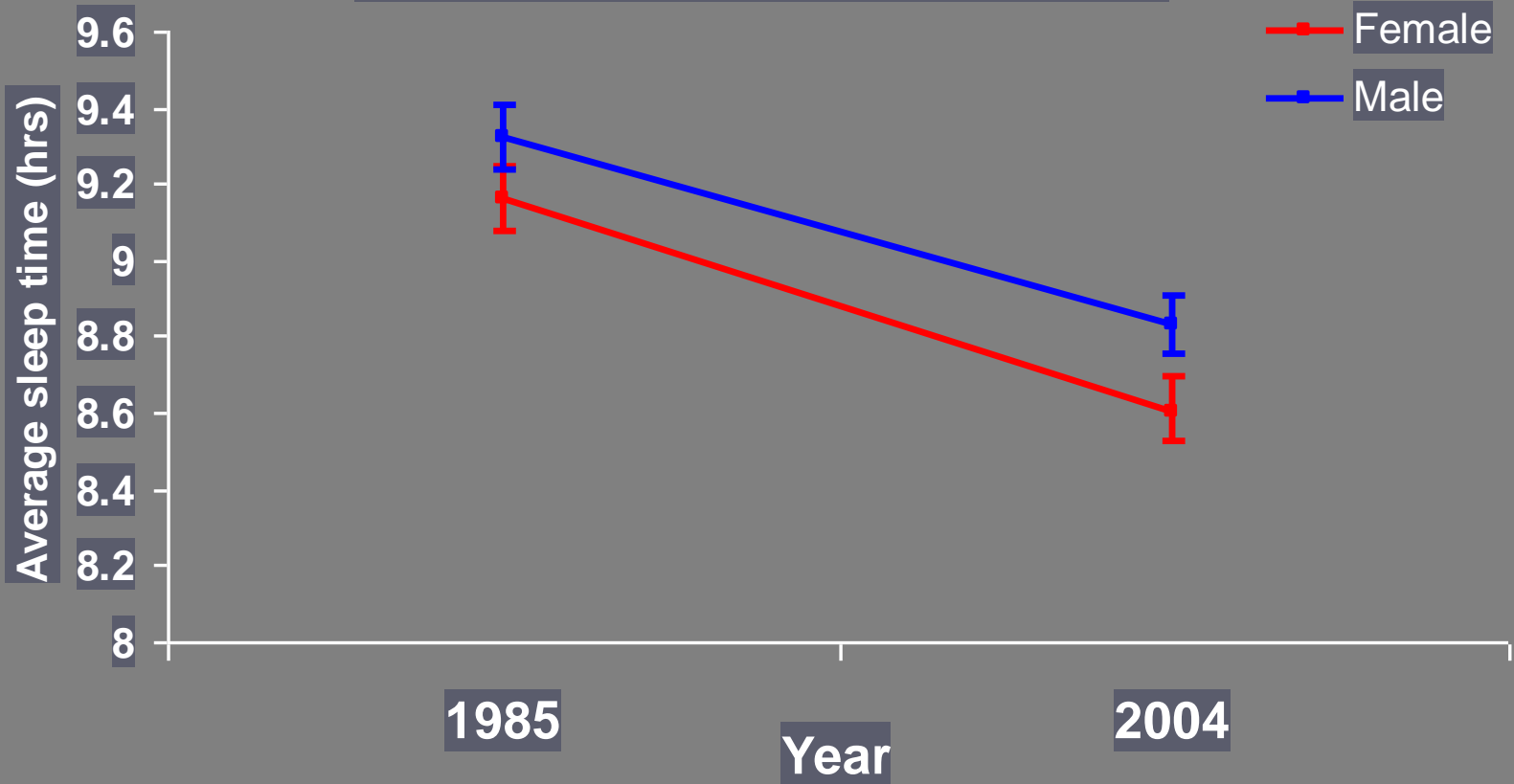


How Much





Sleep Trends 1985 - 2004 (N=887)



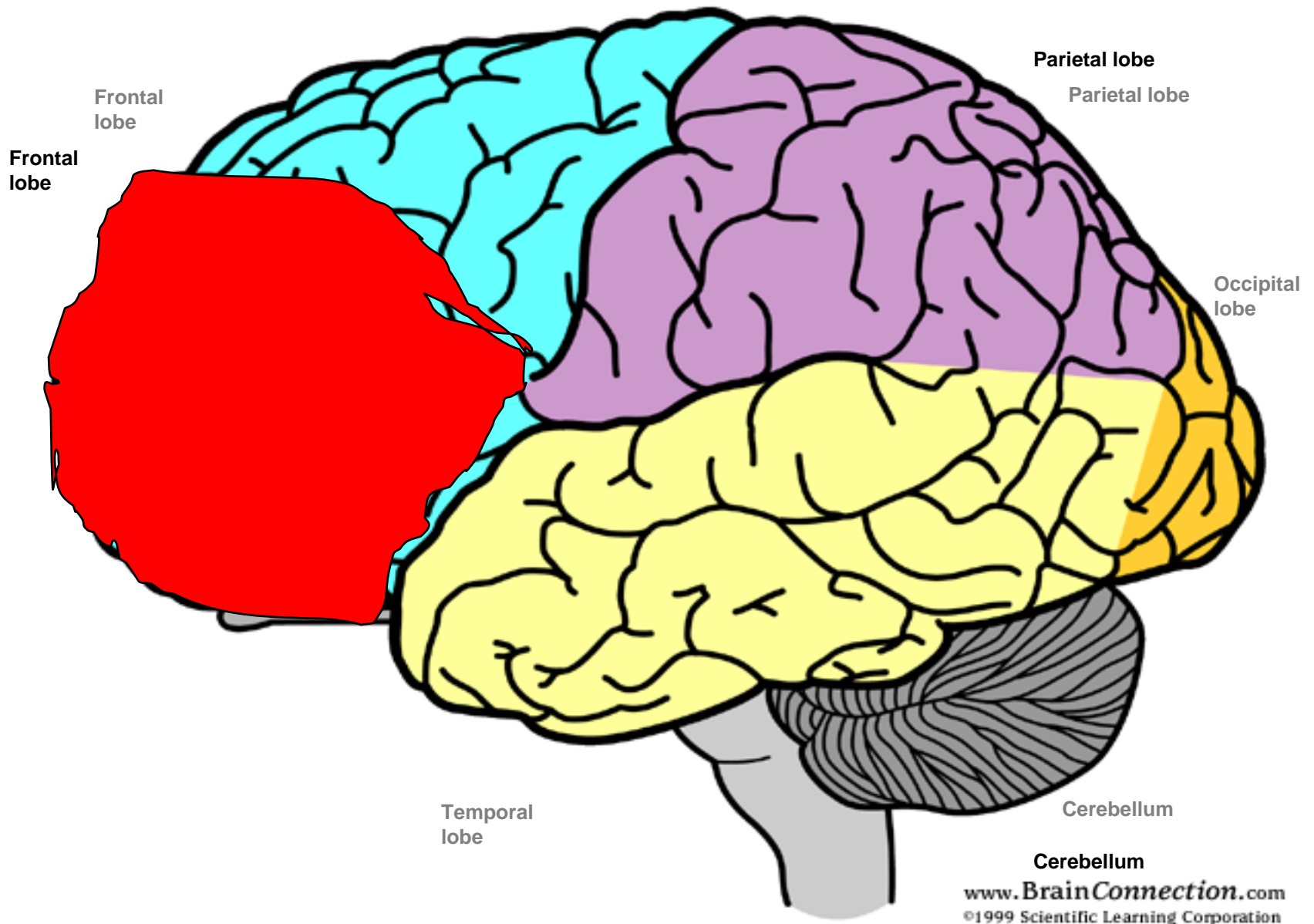
Total time in bed has significantly decreased from 1985 to 2004
(30min; 5% change; $p < .0001$)

Why?

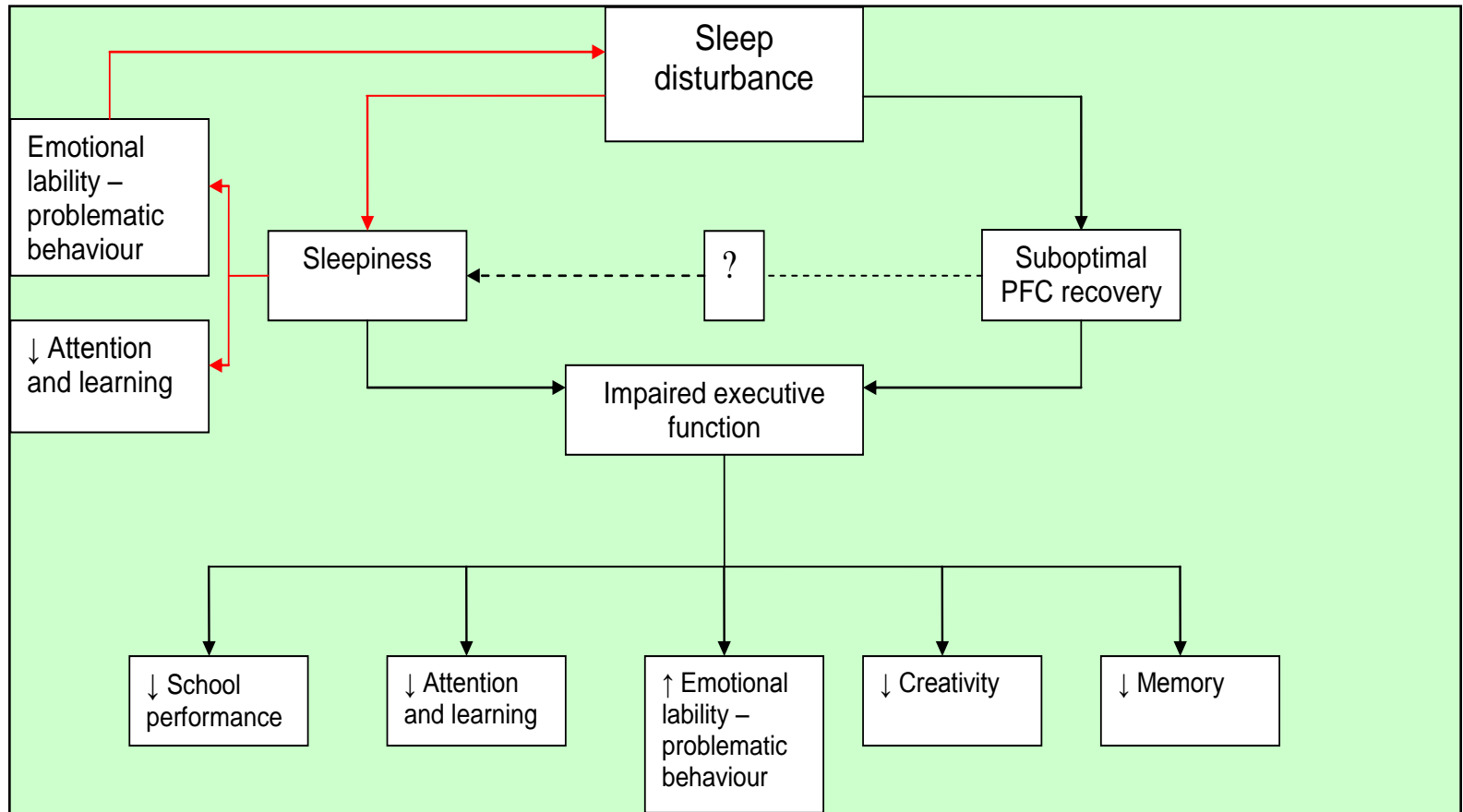
- Behaviour
- Mood
- Performance
 - School
 - Sport
 - Peer relations
- Attention, concentration
- Memory, IQ
- Weight regulation
- Immune system function

**When you're asleep,
your brain keeps
working and your
body recharges.**

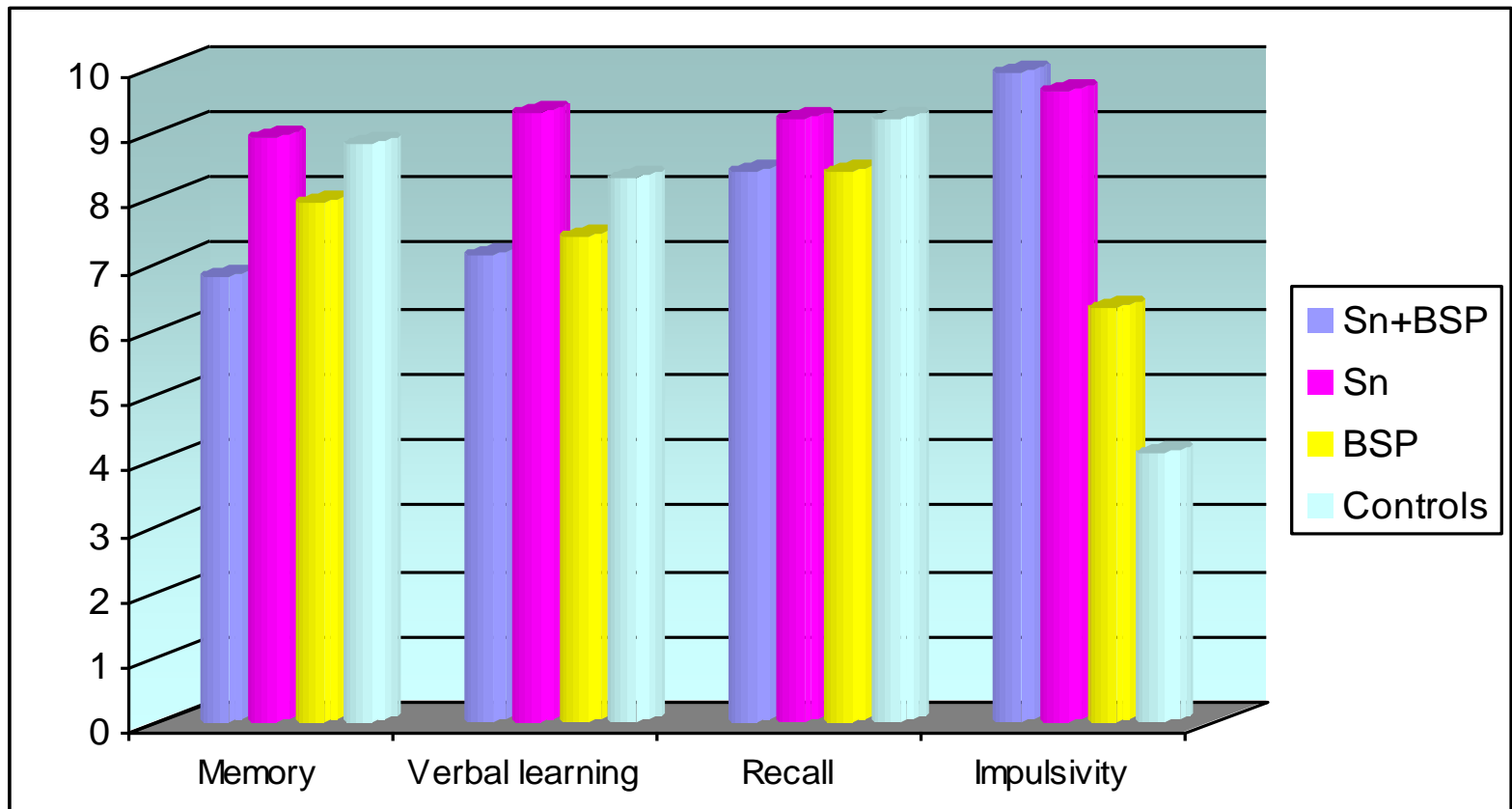




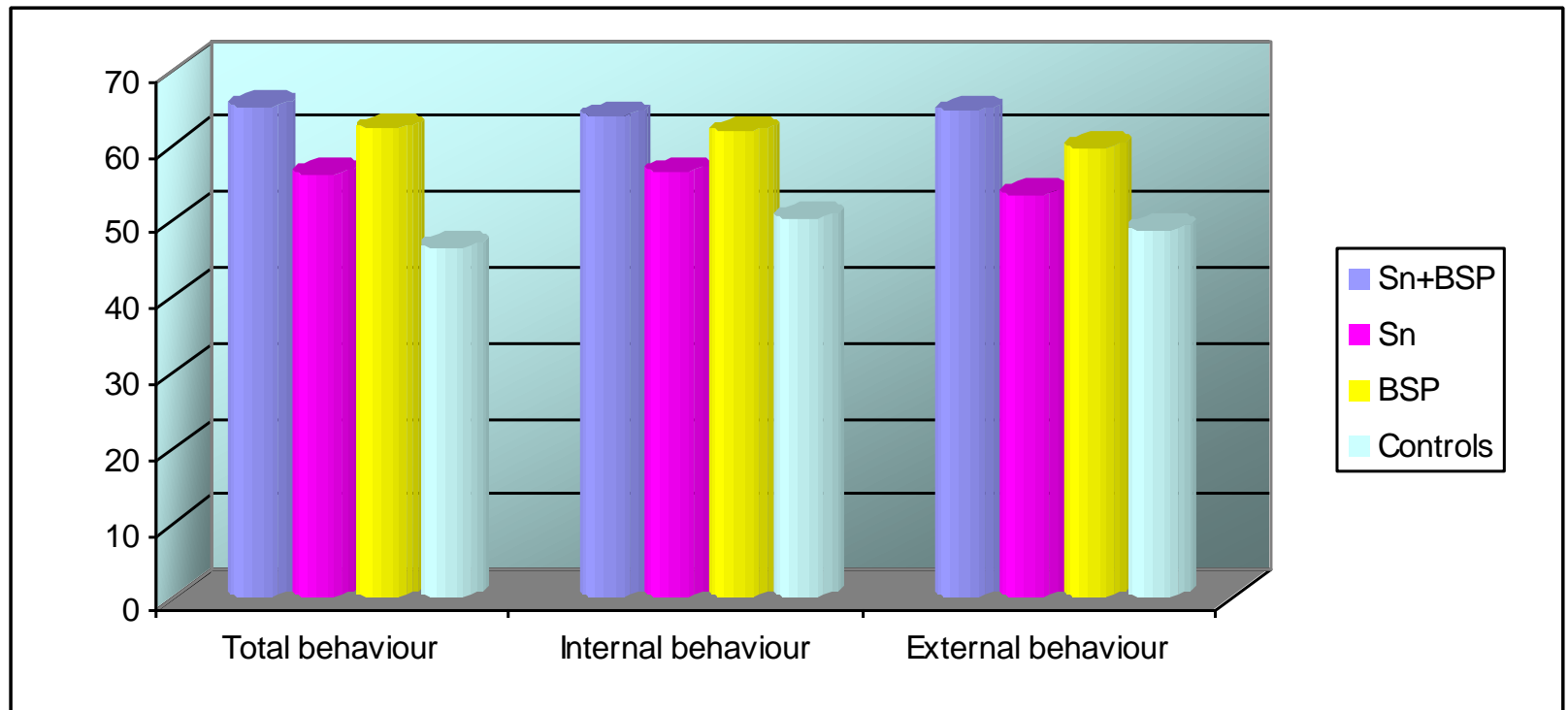
Daytime effects of sleep disturbance on children



Memory and attention



Behaviour



Health

- Sleep disturbed at age 3 (< 10.5 hours per 24h) = increased likelihood of obesity (Reilly et al 2005, Tahieri 2006)
- Sleep problems in childhood = increased risk of alcohol and drug abuse in young adults (Wong et al 2004)
- Increases the risk of depression and anxiety in children (Ivanenko et al 2006) and in parents (Hiscock et al 2006)
- Sleep problems underrecognised in primary health care (Blunden et al 2004)

Education

Australia (Blunden & Chervin 2007)

- 5 times more likely to have sleep disturbance
- Sleep disorders = poor learning = lower IQ
 - Falling behind – loss of self esteem

America

- Children on Ritalin for ADHD ceased medication
- 8/8 children in special schools able to return to mainstream schooling (Guilleminault et al 1981)
- Children moved from lowest percentile to middle range of school grades with treatment of sleep disorders (Gozal 1998)



Families

(Kerr & Jowett 1995)

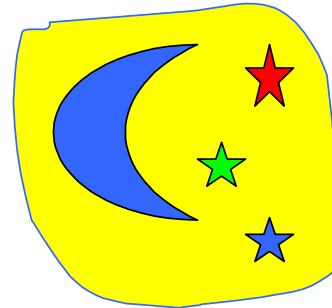
- Major family dysfunction in 37% of parents of children who have a sleep problem
- Severe child abuse in 8% of parents who have a sleep problem



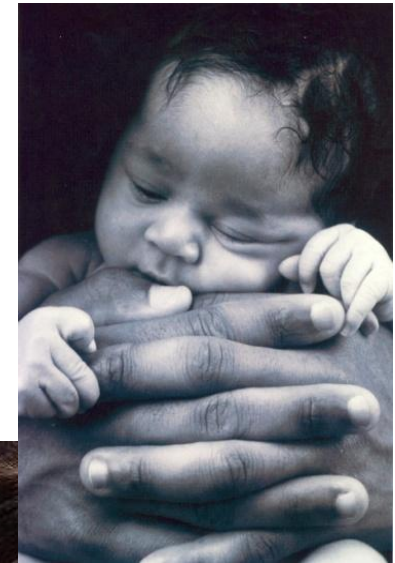
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Are we doing enough?

- Paediatric Wellbeing Cluster Group
- Australian Centre for Education in Sleep (ACES)



Thankyou



Kurt Lushington
Tim Olds
Jim Dollman