



- Director of Sleep Medicine, Seattle Children's Hospital
- Deputy Editor-in-Chief of Global Top 5 Professional Sleep Medicine Journals
- Published more than 50 research articles in authoritative medical journals

Lourdes DelRosso (MD, M.Ed.)

Co-chair of the 2021 World Sleep Day® Committee

PARENTS WORRIES-FREE WHEN CHILDREN SLEEP SOUND & WELL

Sleep is very important and has many benefits for the healthy development of children's physical, emotional, psychological, and communication skills. One of the most frequently asked questions by parents about children's sleep is, "How long should my child sleep?" As children get older, sleep time decreases gradually.

Promoting good sleep in children is especially critical to developing good "SLEEP HYGIENE". Here are two different acronyms - C.L.E.A.N. and S.T.A.I.N., which stand for good sleep habits to be encouraged or bad habits to be vigilant against and avoid. CLE in CLEAN refers to giving your child a consistent and specific bedtime, ensuring bedtime lights are dimmed, allowing the brain to produce melatonin, and creating an environment that promotes sleep, such as ensuring quiet, dark, or Bedsheets are comfortable. Parents can prepare their favorite toys or blankets in bed to help their children settle down before bed.

The A in C.L.E.A.N. refers to letting the child sleep alone. Children must learn to sleep alone from an early age, to ensure that the child can sleep alone all night, even if he wakes up in the middle of the night, he will not run to the parents' bedroom and clamor to sleep with the parents. The N in C.L.E.A.N. refers to avoiding naps as much as possible. Children under the age of 5 can still take a nap in the afternoon, but if the child is a little older, the nap will affect the quality of sleep at night.

The S in S.T.A.I.N. stands for loud noise. For example, at 11 o'clock or midnight, when everyone is getting ready to go to bed, suddenly someone is watching a movie at a high volume, or a crowd is throwing a loud party, which is undoubtedly very disturbing. We can try to install soundproof windows to provide a silent sleeping environment for children. The T and A stand for technology and bedtime activities. A cell phone, TV, tablet, computer, or any electronic device in your child's bedroom can hinder or interrupt your child's ability to fall asleep. And bedtime activities, such as stimulating video games, movies, or TV shows that make you want to watch again and again, can trick our brains into thinking it's still daytime, which in turn suppresses our brain's production of melatonin.

I respectively refer to inappropriate behaviors that are contrary to sleep. In this regard, parents need to pay more attention and observe as much as possible and provide children with things that can help them sleep peacefully. Because the point at which every child can fall asleep varies from person to person. For example, some children do not like to hear any sound while sleeping, while others like to fall asleep listening to the sound of running water or wind or soft music. In addition, eating and drinking caffeinated beverages and foods such as tea, chocolate, and coffee before going to bed are all inappropriate behaviors before going to bed. N stands for Neighborhood. We may live in a neighborhood where traffic, lights, or noise don't provide us with a good sleep environment, so parents should be aware of this and try to keep the room away from nearby noise, traffic, or flickering lights.

I also focus here on sleep disturbances in children with autism. Children on the autism spectrum have difficulty falling asleep. In my experience, parents come to the clinic because their children have difficulty falling asleep, waking up in the middle of the night, and having difficulty falling back asleep. Early intervention is important if a child is diagnosed with autism. Pay attention to things that promote good sleep in your child, and consider talking with your doctor about the need for melatonin supplements to address your child's sleep problems.

C.L.E.A.N. 睡眠好习惯

- C**ONSISTENT BEDTIME ROUTINE 一致的就寝时间
- L**IGHTS OFF 关灯
- E**NVIRONMENT THAT PROMOTES SLEEP 促进睡眠的环境
- A**LONE- ABLE TO SELF SOOTHE TO SLEEP 能够自我入眠
- N**IGHT (AVOID NAPS PER AGE APPROPRIATE) 晚上睡觉 (按适当年龄, 避免午觉)

S.T.A.I.N. 睡前避免或注意事项

- S**OUND (LOUD NOISES) 声音(响亮的嘈杂声)
- T**echnology (Electronics In The Bedroom) 科技用品 (卧室内摆放电子产品)
- A**ctivities Before Bed (Late-Night Movies, etc) 睡前活动(深夜电影等)
- I**nappropriate Associations With Sleep 与睡眠相悖的事物和举止
- N**eighborhood 街坊邻居