

solution to limited numbers of bedrooms or beds in lower-socioeconomic families. Controversy exists regarding the medical, developmental, and social advantages and disadvantages of co-sleeping. Studies have indicated that co-sleeping is associated with sleep problems, such as frequent night wakings, poor sleep quality, and decreased length of sleep (Mindell, Sadeh, Kohyama, et al, 2010). Parents who are considering co-sleeping should fully investigate the potential risks and benefits. Health care providers should be proactive in discussing sleeping arrangements with families at each visit to ensure children's safety and healthy sleep habits.

Interventions differ greatly; for example, **nightmares** and **sleep terrors** require different approaches (Table 13-1). For children who delay going to bed, a recommended approach involves counseling consistent bedtime ritual and emphasizing the normalcy of this type of behavior in young children. Parents should ignore attention-seeking behavior, and the child should not be taken into the parents' bed or allowed to stay up past a reasonable hour. Other measures that may be helpful include keeping a light on in the room, providing transitional objects such as a favorite toy, or leaving a drink of water by the bed.

TABLE 13-1
Comparison of Nightmares to Sleep Terrors

Characteristics	Nightmares	Sleep Terrors
Description	A scary dream; takes place during REM sleep and is followed by full waking	A partial arousal from very deep sleep (state IV, non-REM) sleep
Time of distress	After dream is over, child wakes and cries or calls; not during nightmare itself	During terror itself, as child screams and thrashes; afterward is calm
Time of occurrence	In second half of night, when dreams are most intense	Usually 1 to 4 hours after falling asleep, when non-REM sleep is deepest
Child's behavior	Crying in younger children, fright in all; behaviors persistent even though child is awake	Initially may sit up, thrash, or run in bizarre manner, with eyes bulging, heart racing, and profuse perspiring; may cry, scream, talk, or moan; shows apparent fright, anger, or obvious confusion, which disappears when child is fully awake
Responsiveness to others	Is aware of and reassured by	Is not very aware of another's presence, is not comforted, and may push person away and scream and