

# Health Problems of Toddlers and Preschoolers

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## Sleep Problems

The preschool years are a prime time for sleep disturbances. Children may have trouble going to sleep, wake during the night, have difficulty resuming sleep after waking during the night, have nightmares or sleep terrors, or prolong the inevitable bedtime through elaborate rituals. Such sleep disturbances are typically related to increasing autonomy, negative sleep associations,