

Sleep Disorders

There are many kinds of sleep disorders; snoring, restlessness, nightmares, sleep apnea, night terrors, insomnia, sleep walking, etc. Sleep disorders are extremely common and generally aren't something to be concerned about. However, some sleep disorders are significant and can be a signal to an underlying problem. Below explains the top sleep disorders in children and adolescents.

Nightmares

There are many factors that can cause nightmares. It can be as simple as seeing something scary on tv. Although, even in a child's life can bring on nightmares as well. Usually this is associated with life changes that bring stress or uneasiness. Most children will have a nightmare or two every now and then. They normally happen at the end of a night's sleep. Typically a child will remember their nightmares. The best thing to do is to reassure and comfort the child. However, if the unsettling dreams continue to happen, making an appointment with a child therapist is the best option.

Night Terrors

Night terrors are quite similar to nightmares. Although, night terrors are more dramatic and intense. It's common during a night terror for a child to scream, sit straight up and act upset. However, soon afterwards the child will lay back down and return to sleep. Night terrors typically happen during the first couple of hours of sleep, so kids normally won't remember it happening. Stimulation of the central nervous system is what causes night terrors. A calming bedtime routine that doesn't include caffeine, sugar and tv can help. If this doesn't help and the night terrors continue there may be something stressing or frightening the child. Try talking about what may be troubling them. If that doesn't work seeing a child therapist can be helpful.

Sleepwalking

Sleepwalking can be genetic, but other factors such as lack of sleep, stress, medications, etc. can be components as well. Sleepwalking is usually seen in children between the ages of 4 and 8. When a child is sleepwalking their eyes are open, but they are unaware of their actions. It's important to not wake the child up. Simply walk them back to their bed. Ordinarily, no treatment is needed for this sleep disorder. However, it's a good idea to put away any items that could cause harm to the child while they're sleepwalking. If you have concerns due to extended or continued sleepwalking patterns, talk with your child's pediatrician.