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## **A Child Sleep Disorder Can Cause Educational Interference**

**By Simon Peters**

Many children have sleep disorders that interrupt their lives, and those of their parents and siblings as well. A child sleep disorder can make life very difficult and interfere with the necessities of life. Parents who worry about the child sleep disorders in their family might rest assured that they are not alone. Many parents face similar problems. One of the main child sleep disorders that parents face is a child cannot sleep through the night. Most parents do not want their child to be awake in the middle of the night by themselves so this problem can affect their sleep as well.

The problems with some children are just part of their makeup because they do not sleep well through the night. Adults and children have sleep cycles that go between deep sleep and light sleep. The deep sleep cycle is when a person dreams. During the light sleep cycle, the child is more likely to wake up. Since each person goes through several of these cycles during the night, there are several times during the night when the child sleep disorder might occur. Infants do not usually sleep through the night for some time. These small babies have a light sleep cycle every fifty minutes. Parents of infants all know that this is the case, and they work to get their child on the proper sleep cycle.

### **A Child Sleep Disorder Can Interrupt the Necessary Amount of Sleep**

Children need much more sleep than their parents although sometimes they want to stay up as long as their parents stay awake. A child in school needs between nine and twelve hours of sleep every night. They need at least nine hours to be ready to participate properly in school activities. There are many children who do not get this amount of sleep, and many of these do not do as well in school because of this. Children who are getting enough sleep will wake up easily. All parents who have trouble getting their children to wake up should know that their children need more sleep.

Children should also be able to fall asleep quickly. If they toss and turn for more than thirty minutes before they fall asleep, there is some kind of a problem. Children should be able to stay awake throughout the day if they are getting enough, proper sleep at night. There is information that a substantial number of children are not alert at school and that their drowsiness interferes with their education to some extent.

Simon Peters is the owner of <http://on-sleep-disorders.com>, it is THE best source for advice on the

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subject of insomnia and sleep disorders . . .

**Sleep Disorders In Children Often Differ To Those Of Adults.**

**By Malcolm Moorhouse**

Sleep disorders in children are more common than is realized by most people, in fact around 42% of children in the US suffer from sleep disorders in one form or another. For instance sleep apnea is recognized as a common disorder amongst children of all age groups, with the most affected being the 3 to 6 years old. Figures show that in the US there are between 1.4 to 2 million children who suffer from sleep apnea alone.

Some different sleep disorders in children, including sleepwalking and bruxism:

- \* One common sleep disorder in children is sleepwalking also known as somnambulism, this is generally harmless if special care is taken to provide a safe sleeping environment. Sleeping children can some times be heard talking in their sleep or sleep with their eyes open, and strange as these disorders seem, will not harm the child most of the time.
- \* Sleep disorders in children may also take the form of Bruxism which is a destructive habit of grinding and gnashing the teeth while they are asleep, this can be a very disturbing disorder that can also cause dental problems. Children also often bang their heads or roll their heads, this usually happens when they are about to fall asleep. Again this is another sleep disorder that is usually harmless and they will soon outgrow it, before becoming teenagers.
- \* Other sleep disorders in children include nocturnal asthma and nocturnal seizures that are often very scary and stressful for everyone, including the child and parents, and needs medical treatment to get it under control. Also, sleep apnea can attack children, including premature newborns and also, the elderly.
- \* Yet another problem is heartburn which can be dangerous and although not seen as a sleep disorder can often run along side some of the common sleep disorders in children. The danger arises in the sleeping children when stomach acids regurgitates into the throat, whilst this can be due to an underlying medical problem it can also be eating food too close to bed time.

RLS, also known as restless leg syndrome is also a disorder that children can suffer from which is very stressful and irritating, this ailment can help to bring on nightmares, sleepwalking and insomnia.

A few of the sleep problems mentioned above can cause or lead to ALTE which is another name for Apparent Life Threatening Event, which is where a child looks lifeless, limp and pale in color. With this particular sleep problem it will be quite hard to wake the child and once awake they may be very listless, this is not a very nice experience for all involved.

However, the most scary and probably the least understood of the sleep disorders in children is SIDS or Sudden Infant Death Syndrome, unfortunately there aren't many if any treatments available for this disorder.

<http://Sleep-disorder-site.com> for information, tips and articles about all sleep problems.

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