


# How to recognize Sleep Disorders in Children

The National Sleep Foundation's Sleep in America Poll found that, 69% of children experience sleep problems at least a few nights per week, according to their parents/caregivers. Although evidence of a sleep problem is not a definite sign of a sleep disorder, as some may be normal at certain ages, consistent presentation of any of the following should be discussed with a child's pediatrician or primary care provider.


 **Loud Snoring:** noisy breathing, or interrupted breathing while sleeping


 **Breathing through the mouth:** while sleeping


 **Sweating:** during sleep


 **Parasomnias:** frequent sleepwalking, sleep talking, nightmares/night terrors, bruxism (teeth grinding)

 **Rocking or Head banging:** when falling asleep

 **Leg Pains:** complaining of "growing" pains, or restless legs while initiating sleep or during the daytime, especially when sitting still, delayed sleep onset (1-1.5hours)

 **Insomnia:** noticeable difficulty with falling asleep, staying asleep, or restless sleep

 **Un-refreshed upon waking:** difficulty waking up on time, or feeling sleepy during the day, and sleeping at inappropriate times and places (during class, on the bus, at lunchtime)

 **Behavior Issues:** poor sleep leading to daytime problems, irritability/mood swings, aggressive/harmful behaviors, hyperactivity (ADHD-like behaviors)

 **Bedwetting:** (nocturnal enuresis)

 **Weight irregularities:** delay in physical development, or rapidly gaining weight with a BMI classification as overweight or obese



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