

Presenter Information

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Links to Resources

Healthy Children

Sleep Tips for Your Families Mental Health

- <https://www.healthychildren.org/English/healthy-living/sleep/Pages/Sleep-and-Mental-Health.aspx>

ZERO to THREE

Sleep Challenges: Why It Happens, What to Do

- <https://www.zerotothree.org/resource/sleep-challenges-why-it-happens-what-to-do/>

American Academy of Pediatrics

Practical Advice for Pediatric Sleep Concerns

- <https://publications.aap.org/journal-blogs/blog/24101/Practical-Advice-for-Pediatric-Sleep-Concerns?autologincheck=redirected>

American Psychological Association

Making Sleep a Priority in Pediatric Primary Care

- <https://www.apa.org/pi/families/resources/primary-care/sleep>

Helping Children Get a Good Night's Sleep

- <https://www.apa.org/monitor/2020/07/ce-corner-sleep>

Texas Children's Hospital

Infant and Child Sleep Diary

- <https://www.texaschildrens.org/sites/default/files/uploads/documents/MSLT%20Sleep%20Diary.pdf>

Children's Hospital of Orange County

Sleep Hygiene for Children

- <https://www.choc.org/wp/wp-content/uploads/2016/04/Sleep-Hygiene-Children-Handout.pdf>

Screening Tools

BEARS Sleep Screening Tool

- <https://mdbhipp.org/assets/bears-sleep-screening-tool.pdf>

Children's Sleep Habits Questionnaire (CSHQ)

- https://www.braincode.ca/sites/default/files/about/cde/CDE_CSHQ_V1.1.PDF

- Abbreviated version: <https://njaap.org/wp-content/uploads/2016/04/Childrens-Sleep-Habits-Questionnaire.pdf>

Modified Epworth Sleepiness Scale for Children and Adolescents (ESS-CHAD)

- <https://epworthsleepinessscale.com/about-the-ess-chad/>

Pediatric Sleep Questionnaire (PSQ)

- <https://umich.flintbox.com/technologies/99aff626-f4d9-4529-aa3a-a509ed8ec905> - PSQ can be downloaded for free here after signing the license agreement

Links to Research Articles

***A Review of Digital Cognitive Behavioral Therapy for Insomnia (CBT-I Apps): Are They Designed for Engagement?* (Erten Uyumaz, Feijs & Hu, 2021)**

- <https://pubmed.ncbi.nlm.nih.gov/33809308/>

***The Role of Sleep in Young Children’s Development: A Review* (Schlieber & Han, 2021)**

- <https://www.tandfonline.com/doi/full/10.1080/00221325.2021.1908218>

***Use of Actigraphy for the Evaluation of Sleep Disorders and Circadian Rhythm Sleep-Wake Disorders: An American Academy of Sleep Medicine Systematic Review, Meta-Analysis, and GRADE Assessment* (Smith et al., 2018)**

- <https://pubmed.ncbi.nlm.nih.gov/29991438/>

***The Role of Sleep in Childhood Psychiatric Disorders* (Alfano & Gamble, 2009)**

- <https://link.springer.com/article/10.1007/s10566-009-9081-y>

***Medical Complaints are More Common in Young School-Aged Children with Parent Reported Insomnia Symptoms* (Singareddy et al., 2009)**

- <https://pubmed.ncbi.nlm.nih.gov/20465022/>

***Prevalence and Course of Sleep Problems in Childhood* (Fricke-Oerkermann et al., 2007)**

- <https://pubmed.ncbi.nlm.nih.gov/17969471/>

***Use of the ‘BEARS’ Sleep Screening Tool in a Pediatric Residents’ Continuity Clinic: A Pilot Study* (Owens & Dalzell, 2005)**

- <https://pubmed.ncbi.nlm.nih.gov/15680298/>

***Nighttime Sleep-Wake Patterns and Self-Soothing from Birth to One Year of Age: A Longitudinal Intervention Study* (Burnham et al., 2002)**

- <https://pubmed.ncbi.nlm.nih.gov/12236607/>

***The Children’s Sleep Habits Questionnaire (CSHQ): Psychometric Properties of a Survey Instrument for School-Aged Children* (Owens, Spirito & McGuinn, 2000)**

- <https://academic.oup.com/sleep/article/23/8/1/2753241>