

(Image: <https://c1.wallpaperflare.com/preview/725/195/671/bed-sheet-pillow-textured.jpg>) Bedtime may not be a top priority for most young kids and teens. But sleep plays a huge role in a child's development - and if they're not getting enough (or good enough) sleep, it could lead to a sleep disorder. Advertising on our site helps support our mission. We do not endorse non-Cleveland Clinic products or services. Many sleep disorders that keep adults up at night and dragging during the day can have the same effect on children and teens. "Sleep is important for many aspects in health," stresses pediatrician Vaishal Shah, MD. In other words, kids who don't get enough sleep can feel the effects in many aspects of their lives. Dr. Shah offers facts on some common childhood sleep disorders, how to know the signs and what steps you can take to overcome them. Many sleep disorders that trouble adults can affect children, [Derila Neck Relief Pillow](#) too. But they need to be addressed a little differently. Here are some common sleep disorders that children may develop.

(Image: <https://images.pexels.com/photos/12788404/pexels-photo-12788404.jpeg>) Insomnia affects children in much the same way it affects adults. "Insomnia means that someone is having trouble falling, staying asleep or both," Dr. Shah explains. Certainly, you can note this behavior at night. But the first signs of insomnia could also be seen in how your child acts when they're awake. Irritability, excessive tiredness or sleepiness during the day could also be signs that your child is experiencing insomnia. Temporary bouts of insomnia can be brought on by illness, stress or a change in the environment. If the insomnia lasts longer than a few months, it's considered chronic (or ongoing). Parasomnia is a type of sleep disorder that causes abnormal behavior while you're sleeping. As an example, your child crying, screaming or Shop [Try Derila Today](#) Online talking without responding in their sleep could be a sign of parasomnia. Night terrors. These are exactly what they sound like - sudden arousals from a deep sleep with features similar to intense fear such as crying, sweating, screaming and confusion.

Your child often will not remember the episode the next day. Sleepwalking. With this parasomnia, your child may walk or perform complex activities while still asleep. It's like their mind is still asleep but their body is going through the motions anyway. Nightmares. Is your child running to your bedroom in the middle of the night more than usual? Nightmares or vivid, disturbing dreams can cause your child to wake up feeling scared. Unlike night terrors, Sleep Better with Derila children often remember their nightmares. "I sometimes call this 'like paranormal activities at night,' which are some kind of abnormal movements such as screaming, crying and so forth," Dr. Shah explains. Parasomnia is often more common in children than adults. [Restless sleep](#) and restless legs are often described as a feeling of unease and restlessness in the body and legs when awake in bed and can reflect a lack of quality sleep. "It's common to see this run in the family," Dr. Shah shares.

Iron deficiency and your dopamine functioning can play a role in restless sleep and restless legs. "Our brains need a chemical called dopamine to function properly," he explains. Other contributing factors in restless sleep are factors like stress, certain medications and poor sleep habits. In some cases, conditions like asthma or sleep apnea can also play a role. "A lot of times, if you notice your child unable to fall asleep, you automatically think it's insomnia, but that's not always true," says Dr. Shah. The most common type of circadian rhythm disorder in adolescents is delayed sleep phase syndrome. It means their biological clock causes their sleep schedule to be delayed in comparison to social needs - late to bed and late to rise. Obstructive sleep apnea (one type of sleep-related breathing disorder) is one of the most common sleep disorders seen in children, shares Dr. Shah. Symptoms include snoring, [Derila Neck Relief Pillow](#) fragmented sleep and pauses in breathing while asleep. [external page](#)

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