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"treating the cause of your problem, not just the symptoms"

Are Your Children Getting Enough Sleep?

Dinner is done at 5:30 to 6:00pm, or later. Then perhaps a bath is in order. After that, your child becomes immersed in his x-box or playstation, or a favorite television program. After telling him or her more than three times that it is time to turn it off, you pull the plug. Finally, your child curls up with you for a book or two. Then it is time to brush his or her teeth. Then, just when he or she is tucked in, the requests for a snack or a drink commence. Next, he or she has to pee. By then, it is 9:30pm and about two hours later than when you went to sleep when you were the same age.

In this day and age, there are many more distractions for kids. When you were young, you simply played outside (actually getting exercise) until it was time to come in. This made the kids of those days much more tired and prone to fall asleep earlier. They did not have a gameboy or television in their bedroom to distract them from falling asleep. If your child is old enough to be in school, they still have to get up early regardless of what time he or she fell asleep.

Many parents, teachers and sleep experts believe that today's kids are getting much less sleep than the kids of our generation. A 2003 Swiss study cited "a more liberal attitude" on bedtimes and a "substantial decrease" in sleep duration between the 1970s and the 1990s. Five year olds who were born between 1986 and 1993 had an average bedtime of 8:11pm –25 minutes later than the 7:46pm bedtime for children the same age who were born between 1974 and 1978. But, wakeup times were later by just four minutes.

Sleep deprivation influences the cognitive function of the brain. Chronically sleep-deprived children have higher rates of learning difficulties, behavioral problems, obesity, illness, and accidents. Sleep shortages are perhaps most pronounced at school, where teachers see a host of consequences. Concentration shrivels. Creativity suffers. Hyperactivity increases. Attention spans shrink. Short-term memory suffers. Immune systems weaken.

Sleep research showed that 11 and 12 year olds, who get less than 6.5 hours of sleep per night, had similar attention and behaviour problems that mimicked ADHD. These kids are often irritated and defiant and had additional problems at school. It is very important to get enough sleep! One night of sleep loss can reduce the brain processing capacity by 30 to 40 %! Two nights without sleep will reduce the attentive and cognive functions by 60-70%!

So, now that you know that it is very important to make sure your child (and you) gets enough sleep, are you wondering how much sleep is enough? Refer below:
infancy/toddler : 17-18 hours
4 year old: 10-12 hours
10 year old: 9-10 hours
18 year old: 8-9 hours
30 year old: 7-8 hours
60 year old: less than 6-7 hours

If your children are very far off from these numbers, it is likely that your kids may be significantly less productive, have behavioral issues, and less healthy overall. On a final note, not all sleepy children are lethargic. Some youngsters who have been diagnosed with attention-deficit hyperactivity disorder (ADHD) are actually just sleep-deprived and could be unnecessarily medicated.