

DEVELOPMENTAL AND BEHAVIOURAL PEDIATRICS**SLEEP DISORDERS*****Kawaljit Singh Multani**

Abstract : Sleep is a crucial behavioral phenomenon in animals and is essential for sustaining life and for normal functioning. Sleep architecture involves understanding rapid eye movement and non-rapid eye movement sleep and the circadian rhythm. Sleep development from newborn to adulthood is influenced by melatonin hormone and sleep patterns develop over the years as age advances. By 6 months, rapid eye movement sleep constitutes about 50% of total sleep and by 6 months, the sleep electroencephalogram reaches an adult pattern. Sleep disturbances can have various consequences in both children and adults.

Keywords : Pediatric sleep, Circadian rhythm, Rapid eye movement, Non rapid eye movement, Sudden infant death syndrome, BEARS, Actigraphy, Polysomnography, Melatonin.

Points to Remember

- *Sleep is an active biological process with significant role in child development and good health.*
- *Sleep patterns evolve with age in the early years.*
- *Sleep disorders are common and often missed/overlooked and there is a felt need to increase awareness among the community about the importance of sleep and good sleep practices.*
- *Sleep disorders can be identified using sleep screening tools and managed with non-pharmacological measures.*
- *Medication used for sleep disorders should only be ordered under medical supervision.*

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