



Children's National.

Sleep for Children with NF1

September 18th, 2021 | Kaitlyn Tiplady, PhD, Post-Doctoral Psychology Fellow, Department of Neurology

Objectives

- The importance of sleep
- Sleep in NF
- Sleep in ADHD
- Sleep in ASD
- Behavioral Approaches to Sleep

What is sleep?

- Chemical reaction in the brain where some of the brain remains active and the other signals sleep



Why is sleep important?

- More effective learning
- Fewer behavioral issues
- Better emotional control
- Better attention abilities
- Increases physical safety



(Accardo, J. A., 2018)

When should my child sleep?

Age (Years)	Sleep Duration (Hours)	Timing (and naps)
0-2	16-12	5:30 p.m. to 6:30 a.m. (1-3 naps)
3-6	13-11	6:30 p.m. to 6:30 a.m. (1 nap)
7-11	11.5-10.5	7 p.m. to 7 a.m.
12-15	10.5-9.5	10:00 p.m. to 8:30 a.m.
16-18	9.5-8.5	10:30 p.m. to 9 a.m.
19-22	8.5-7.5	10:30 p.m. to 8:30 a.m.

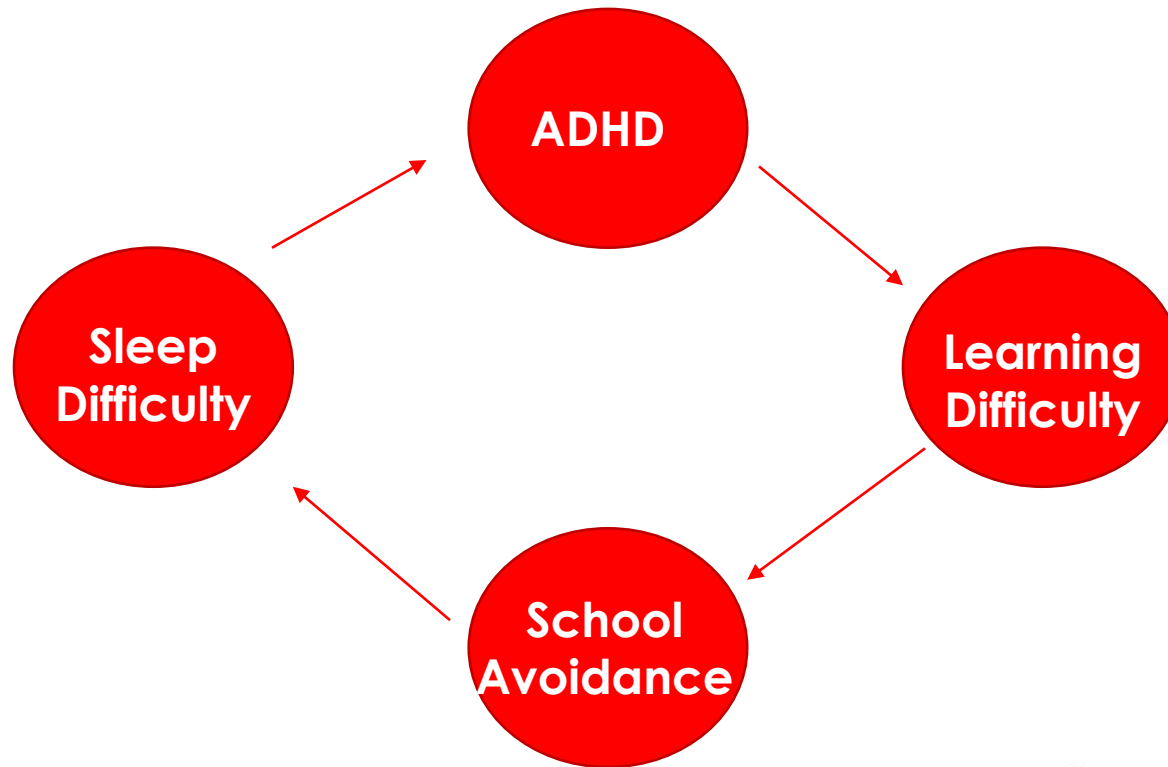
Sleep and NF1

- Sleep concerns are common
- Limited research



Sleep and ADHD

- 30-50% of children with NF1 have ADHD
- Increased sleep problems



(Accardo, J. A., 2018)

Sleep and Autism Spectrum Disorder

- 20-40% of children with NF1 have ASD
- Increased sleep problems (insomnia)
- Should be screened for sleep difficulties 1x per year

Changing a Sleep Schedule

- Get some data
- Adjust bedtime by 1 hour each day, maximum
- Turn off electronics
- Create a bedtime routine
- Be consistent
- Bedroom should be dark and boring
- Provide rewards!

_____ 's Sleep Diary
(Write your name here)

Fill in these blanks with your information.








I am _____ years old and in _____ grade.

This is the week of _____ (Month) _____ (Date) _____ (Year)

1. Complete Before Going to Bed

• What did you drink today?

In the space inside each can, write the number of cans/bottles of caffeinated drinks, such as soda and tea, you had each day of the week. Remember, caffeine in drinks can keep you from sleeping well.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						

• Check off any of these activities you did in the HOUR before going to bed.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------

Summary

- Rule out co-morbid sleep disorder
- Understand the connection between inattention, hyperactivity, and neurodevelopment on sleep
- Use behavioral approaches to address sleep difficulties

Resources for Parents

- Sleep diary: Sleepforkids.org
- Sleep strategies for children with ASD:
<https://www.autismspeaks.org/tool-kit/atnair-p-strategies-improve-sleep-children-autism>
- Sleepfoundation.org

References

- Accardo, J. A. (Ed.). (2018). *Sleep in children with neurodevelopmental disabilities: An evidence-based guide*. Springer.
- Devnani, P. A., & Hegde, A. U. (2015). Autism and sleep disorders. *Journal of pediatric neurosciences*, 10(4), 304.
- National Sleep Foundation. *How much sleep do we really need?* [Internet]. [place unknown]: [publisher unknown]; [date unknown]. Available from: <http://sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need>

Questions?

Thank You!



Children's National[®]