

Cari's Professional Book Club Notes

Book Title: Sleep-Wrecked Kids

Author: Sharon Moore



Week 1: January 12, 2020

Introduction

Important Take-Aways:

1. The author is a speech-language pathologist and orofacial myofunctional practitioner with almost 40 years of clinical experience. She currently runs a private practice in Canberra, Australia called *Well Spoken*. Sharon is also part of the transdisciplinary team for the Canberra Sleep Clinic.
2. Poor sleep among children is a widespread problem: 24% of all children, and 35% of children under two years of age, have frequent problems with sleeping.

Interesting Note: Adam Mansbach's book *Go the F**k to Sleep* debuted at number one on the New York Times bestseller list! This book cleverly captures the sentiments of every parent who has experienced the frustrations of parenting a child with sleep issues.

3. Sleep problems can be either behavioral or physiological.
4. Sleep problems can range from mild to severe. When symptoms are mild, parents and teachers may notice the child is tired and grumpy, has difficulty concentrating, acts out, and/or is doing poorly in the classroom. When symptoms are more severe, the child may have a diagnosable sleep disorder (and there are over 90 of them!).
5. One sleep disorder is called sleep-disordered breathing which can affect the brain, heart, blood pressure, growth, appetite, teeth and jaw development. Obstructive sleep apnea (spelled *apnoea* in the book because the author is Australian) is at the severe end of sleep-disordered breathing.
6. Kids with obstructive sleep apnea are five times more likely to be diagnosed with ADHD.
7. 95% of children with obstructive sleep apnea are never diagnosed!

8. Many parents think that symptoms such as snoring, noisy breathing, and night waking are normal. THEY ARE NOT! They are common, but not normal.
9. So why isn't someone doing something about these sleep symptoms? Because parents are busy and tired and usually in search of quick fixes...like letting the child co-sleep or elevating the child's head with a pillow. When parents *do* take the next step and actually seek help...it's often hard to find. Many medical professionals don't know how to recognize or fix sleep disorders. Advice is confusing and sometimes conflicting, and many parents decide that it's just too darn hard, saying things like, "We've tried everything, but I guess this is just how it's going to be. We'll all sleep through the night *some day*."
10. When kids don't get the appropriate quantity and quality of sleep, all areas of development are affected. Sleep-deprived kids cannot be at their best...and neither can their parents.
11. This book will address the following topics:
 - a. The importance of sleep
 - b. Understanding disordered sleep
 - c. Recognizing the red flags
 - d. What parents can do to help their kids sleep
 - e. How to build a healthy airway, the "Myo" way
 - f. When to bring in a specialist

So...that's a summary of the introduction. I'm excited to read more. How about you?