

Cari's Professional Book Club Notes

Book Title: Sleep-Wrecked Kids

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Chapter 1: The Importance of Sleep

Important Take-Aways:

1. Before talking about sleep-wrecked kids, the author spends thoughtful time in Chapter 1 talking about sleep-wrecked adults. Apparently, adults need 7 to 9 hours of non-fragmented sleep (meaning, no waking up in the middle of the night).
2. Our culture, however, does not emphasize the importance of sleep. Our society expects adults to be productively scheduled, not well rested. *Sleep is for wimps* and *I'll sleep when I'm dead* are common sayings.

Personal perspective: When I was in college, I remember complaining that sleep was taking away from my study time. Between working 20 hours a week and being a full-time student, I seriously felt that sleeping was NOT time well spent.

3. Research shows that 35% of adults in the United States sleep less than 7 hours per day and 30% sleep less than 6 hours per day.
4. The problem is this: the less we sleep...the less productive we become. The author explains that when sleep deprived, the body struggles to extract glucose from the blood stream. As a result, our brains are unable to think straight, and our productivity suffers.
5. Not only does sleep deprivation have profound effects on performance and productivity, it also affects physical and mental health. In adults with obstructive sleep apnea, the risk of pancreatic, lung, kidney and skin cancers is significantly higher. And, sleeping five or fewer hours per night may increase mortality risk by as much as 15%.
6. *Short sleepers* are people who sleep fewer than 7 hours per night, on average. *Long sleepers* are people who sleep more than 9 hours per night, on average. (I am definitely a short sleeper. I sleep an average of 6 hours per night. How about you?)

Apparently, sleeping too long has similar side effects as not sleeping enough.
Hmmm...

7. Night-time urination (nocturia) often occurs in people with night-time airway obstruction. We're not talking bed-wetting here...we're talking wake up and pee in the middle of the night. Here's some cool science stuff: When a person has airway obstruction, the heart has to work harder to breathe and releases a hormone called atrial natriuretic factor. Guess what...this hormone affects kidney function and leads to night-time urination. During calm, normal night-time breathing, urination is inhibited by a hormone called antidiuretic hormone. FASCINATING!
8. Apparently, *beauty sleep* is a real thing! The face literally reflects our sleep patterns. Cortisol is a stress hormone and it is released with sleep deprivation. This can prevent collagen from being produced and increase fine lines and dark circles around the eyes.
9. Next, the author describes how sleep problems compromise our kids' development. There can be behavioral, physical and/or mental consequences.
10. Behavioral: The daytime consequences of poor sleep present differently in children than in adults. Sleep deprived kids are often described as cranky, grumpy, clumsy, silly, crazy, or fidgety. Here's the problem...these behaviors can look a lot like ADHD. And kids with ADHD often have disordered sleep. According to Dr. Judith Owens, an expert on pediatric sleep disorders, every child diagnosed with ADHD should be assessed for a possible sleep disorder.
11. Physical: Good sleep releases the right hormones and poor sleep patterns can cause hormonal imbalance. Sleep-wrecked kids may be frequently sick, have poor appetites, and may not be growing well.
12. Mental Aptitude: Sleep deprived kids often have problems with their mood, have difficulty focusing, have problems with self-regulation, and struggle with problem solving.
13. The author includes a discussion on sleep deprivation in children with special needs. There is a high prevalence of insomnia in children on the autism spectrum and obstructive sleep apnea affects 50% of children with Down syndrome.
14. The main point to take away from this chapter is that POOR SLEEP IS NOT AN OPTION!

“Good sleep is a requirement for the brain to maintain and repair tissues and replenish hormones. Good sleep is essential to help us grow and develop properly, regulate our body functions in a healthy way and protect us from illness.” page 41

So...that's the summary of Chapter 1. Did you learn anything new? I know I did!