

MARTHA CURRIE WELLNESS

MARTHA CURRIE ELEMENTARY'S PAC HEALTH & WELLNESS NEWSLETTER

This newsletter is dedicated to the all important issue of...

SLEEP

When we talk about sleep difficulties, we often divide it into one of two issues.

The first is sleep onset insomnia where the person finds it difficult to fall asleep.

The second is sleep maintenance insomnia where the person can fall asleep but finds it difficult to stay asleep.

A few nights of difficult sleep is normal when a child is faced with a short term stress such as an exam at school, moving, a difficult encounter with a friend or a shift from one developmental stage to the next.

If insomnia persists, there may be a deeper reason for the lack of sleep, and it may need to be investigated with your health care practitioner.



Dr. Brenna Jacks, ND



**Shannon Simpson, BHK,
TR, HNP Candidate**

For questions or advice, please email us at: marthacurrie.wellness@gmail.com

Sleep Requirements for Children



Age	Sleep Required		Total Sleep
	During Day*	During Night	
1 week	8 (4)	8 ½	16 1/2
1 month	7 (3)	8 ½	15 1/2
3 months	5 (3)	10	15
6 months	3 1/4 (2)	11	14 1/4
9 months	3 (2)	11	14
12	2 1/2 (2)	11 1/4	13 3/4
18	2 1/4 (1)	11 1/4	13 1/2
2 years	2 (1)	11	13
3 years	1 1/2 (1)	10 1/2	12
4 years		11 1/2	11 1/2
5 years		11	11
6 years		10 3/4	10 3/4
7 years		10 1/2	10 1/2
8 years		10 1/4	10 1/4
9 years		10	10
10 years		9 3/4	9 3/4
11 years		9 1/2	9 1/2
12 years		9 1/4	9 1/4
13 years		9 1/4	9 1/4
14 years		9	9
15 years		8 3/4	8 3/4
16 years		8 1/2	8 1/2
17 years		8 1/4	8 1/4
18 years		8 1/4	8 1/4

* number of naps in parentheses, length will vary

SUPPLEMENTS

As a Naturopathic Doctor, I am often asked which supplements are helpful for sleep. The list is extensive, but it does not mean that every supplement is the right fit for every person. I will discuss certain supplements but will not provide a dosage because the need of each individual is unique. The information provided in this newsletter is not intended as medical advice and it is your responsibility to discuss any supplements with your health care.

Sleep and Diet

Nutrition is very important to overall health and proper sleep is no exception. A diet high in refined sugar will spike the blood sugar and lead to a low energy crash shortly thereafter.

When a child naps too long in the day due to this energy crash, it is often difficult for them to fall asleep at night. This change in sleep pattern leads to less REM sleep and may also make the child sleepy, and less attentive the following day.

Increase the following foods for a proper night sleep:

- Whole grain cereals and breads and other complex carbohydrates
 - helps maintain blood sugar level and increases serotonin, a neurotransmitter for initiating sleep.
- Foods high in tryptophan in the evening (yogurt, bananas, dates, figs, nut butter, tuna, turkey, and whole grain crackers)
 - Tryptophan is an amino acid that produces serotonin.

Eliminate or decrease the following foods for a proper night sleep:

- Caffeine (coffee, soft drinks, chocolate, tea, hot cocoa, green tea)
 - even small amounts of decaffeinated coffee and chocolate may cause insomnia.
- Foods containing Tyramine close to bedtime (bacon, cheese, chocolate, eggplant, ham, potatoes, sauerkraut, sugar, sausage, spinach, tomatoes, and wine)
- Tyramine is an amino acid that increases norepinephrine release which stimulates the brain.



SLEEP CONSULTANT

The best \$150.00 I have ever spent in my life... really!

Dawn Whittaker - (Counselor and parent coach) for babies and children: - for more information go to <http://www.cheekychops.ca/>

"Abigail and Nolan were nine months old and I had not slept for more than three hours at a time since they were born. I was coming close to a mental break down. I was so worried that one would wake the other and they were both all over the place with their sleeping. Dawn did a consultation over the phone with Marty and I and they were both sleeping through the night 10 days later! Yes... really!"

Nutritional Supplements for Sleep

1. Magnesium aids in nervous system relaxation.
2. Herbal teas such as Chamomile, passion flower or lemon balm have relaxing qualities.

Stress:

Children (and adults) can experience stress in many ways and a frequent visible symptom is nightmares or difficulty sleeping. It is important to address the root cause of this stress and talk to your child about ways to manage stress.

Routine:

I cannot stress enough how important routine is for proper sleep initiation and maintenance. Set a bedtime that is appropriate for the age of your child and stick to it. Similarly, set a daily wake up time. Encourage your child to turn off all electronics and television in the 1 hour before the bedtime routine starts. Unplug all devices within 3 feet of your child's pillow for optimal sleep.

Of course, if the issue truly is a feeling of not being tired, encourage more physical activity during the day to encourage healthy sleep patterns.