

JNK ASSESSMENTS
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Numbers of hours:

(National Sleep Foundation)

Newborns – 12-18 hrs.

Toddlers (ages 1-3) – 12-14 hours

Preschoolers (ages 3-5) – 11-13 hours

School age (ages 5-10) – 10-11 hours

Teens – 8½ - 9¼ hours (Teens need more sleep than adults)

4 Presentations of Sleep Problems in Children:

- difficulty falling asleep (onset)
- disruption of sleep
- inability to awaken at desired time
- daytime sleepiness

Evaluation of the Sleepless Child – Sleep Patterns and Habits:

1. What is the normal evening bedtime?
2. What specific activities are performed during approx. 2 hours immediately before bedtime?
3. How long does it take the child to fall asleep?
4. If it takes longer than 30-min., what does the child do from lights out to sleep onset? What are the parents responses to these behaviors?

5. What steps have been taken to help assist in falling asleep?
6. Is the child permitted to fall asleep somewhere other than their own bed/bedroom?
7. Are there things the child requires in order to fall asleep? (i.e. stuffed animals, nightlight, pacifier, parents laying with them).
8. After onset, does the child awaken? How often, for how long, and at what times?
9. What is the parent required to do to get their child back to sleep, if they awaken?
10. Are there any unusual movements during sleep? (i.e. teeth grinding, head or leg movements, screams)
11. Does the child snore? Does the child snore every night? Is the snoring mild, moderate, severe?
12. What time does the child awaken in the morning? Do they awaken spontaneously, with alarm clock, by parent? Is it difficult to awaken them? What is their mood upon waking (i.e. grumpy, happy, tired)?
13. What time of the day is the child most active and most alert? Most tired, most cranky?
14. Does the child nap? What times, and for how long?
15. Where does the child nap? Are the same sleeping associations present for the child during daytime naps?

Principles of Sleep Hygiene in Childhood

- bedroom is dark and quiet
- bedtime routines are strictly enforced
- time of morning awakening is consistently structured
- bedroom temp. is cool (i.e. <75 degrees)

- environmental noise is minimized
- don't go to bed hungry
- no excessive fluids before bedtime
- children should learn to fall asleep alone (i.e. without parents' presence in the room)
- avoid vigorous activity before bedtime
- assess whether or not a nighttime bath is too stimulating
- avoid caffeinated foods and beverages several hours before bedtime
- check medications and vitamins to see if they contain caffeine
- assess whether or not naps are disrupting nighttime sleep

APPS, GAMES

17 months – 2 years:

- * Peekaboo Barn
- * Who's Hiding
- * Monkey Preschool Lunchbox
- * Letter Tracer
- * Alphabet Tracing
- * ABC Writing Zoo Animals Game
- * Christmas Tale for iPad
- * First Words Sampler
- * First Words Vehicles
- * Cars & Animal Puzzle for Toddlers and Preschool

2 years - Preschool:

- * Create a Car
- * Timmy's Preschool Adventure
- * ABC – Letters, Numbers, Shapes and Colors
- * Dots for Tots
- * Fish School HD

- *Balloons: Tap and Learn Premium
- *Bob Books #1
- *ITouch Learn Words for Preschool Kids
- *My Very First App
- *Rocket Math (ages 4-12)
- *Math Bingo (grades 3,4,5)
- *Kids Numbers and Math (grades 1,2)
- *Flags Fun
- *Scramble (word game – like Boggle)
- *The Moron Test (middle school)
- *Lumosity (Brain Trainer)
- *Slice It
- *Pearl Diver
- *The States
- *Oregon Settler