



## Tips for a Better Night's Sleep

### **Daytime lifestyle:**

- Keep consistent sleep and wake-up times, even on weekends.
- Avoid high-energy activities within three hours of bedtime.

### **Diet:**

- Be sure that children eat a well-balanced, nutritious diet.
- Limit caffeinated beverages. Remember that some clear sodas and chocolate also contain caffeine!
- Avoid heavy meals near bedtime.

### **The Bedroom:**

- Keep it quiet, dark and not too warm (<75 degrees F).
- Discourage pets in the child's bed.
- Keep the bedroom safe and free of clutter.
- Remove television sets, cell phones, computers and video games.

### **Bedtime:**

- Establish soothing nighttime routines: Tell stories, read and pray with your children.
- Afterward, leave and encourage children to initiate sleep on their own.

### **Cleveland Clinic Sleep Disorders Center**

Appointments: 216.636.5860  
General questions: 216.444.2165  
[clevelandclinic.org/sleep](http://clevelandclinic.org/sleep)

# What are the most common pediatric sleep disorders?

- Bedtime struggles
- Night awakenings
- Sleepwalking
- Sleep terrors
- Nightmares
- Headbanging
- Insomnia
- Snoring
- Sleep apnea
- Bed-wetting
- Narcolepsy
- Restless legs syndrome
- Circadian (biological clock) rhythm disorders
- Nocturnal seizures

## **Cleveland Clinic's Sleep Disorders Center**

Our nine-bed state-of-the-art laboratory located near Cleveland Clinic's main campus (11203 Stokes Blvd.), offers diagnosis and treatment of sleep disorders in adults and children of all ages.

We also offer services at eight overnight sleep labs conveniently located throughout Northeast Ohio. Call **216.636.5860** or toll-free **866.588.2264** to make an appointment with any of our experts.