

*Organized by*  
Final year M.Sc. Nursing pediatric

**Pediatric Health Education Program**

Final year M.Sc. Nursing pediatric specialty students organized a Health Education program at the Unit of Hope, SJMCH on 15th Sept 2021. The topic selected was sleep hygiene among Developmentally delayed children. The target group were the parents of children visiting the unit of hope.

The Pamphlet used was the outcome of a research study by a former Pediatric Nursing student . The outcome of the research study was implemented by distribution of pamphlets and converting it into a Poster which was gifted to the unit of hope for future utilization by the unit of hope.



# SLEEP HYGIENE IN DEVELOPMENTALLY DELAYED CHILDREN



## WHAT IS SLEEP HYGIENE?

Those behaviors which in a variety of practices that promote regular sleep and ensure improved daytime alertness.



## IMPORTANCE OF SLEEP

### ADULTS SLEEP

- Helps in healthy growth and development by secretion of growth hormone
- Helps in improving memory and better learning
- Keeps immune system strong
- Improves their mood status
- Reduces stress levels
- Promotes creativity and concentration

### CHILDREN SLEEP

- MAY INCREASE THE RISK OF OBESITY
- CAN LEAD TO BEHAVIORAL PROBLEMS

## CAUSES OF SLEEP DISTURBANCES IN DEVELOPMENTALLY DELAYED CHILDREN

### Physical causes:

- Difficulty in changing position by self at night
- Discomfort caused by muscle spasm, involuntary passage of urine or breathing difficulties

### Behavioral causes:

- Inability of the child to settle themselves at bedtime
- Inability of the child to understand why and when they need to sleep



## SLEEP HYGIENE MEASURES

### DO'S

- Bedroom should be dark, quiet and warm
- Mattress and bedding should be comfortable
- Put the child to bed only when sleepy
- Take warm water bath before sleeping
- Deep breathing before sleep promotes good sleep
- Set up a fixed time to sleep and awake up

### DON'TS

- Items like TV, mobile, music phones to be kept out of children's bedroom
- Do not keep bright lights on while sleeping
- Sleep under fans
- Avoid vigorous play activities at least 2 hours prior to sleep
- Avoid late evening meals



## FOOD HABITS

### DO'S

- Increase the consumption of hydrates containing lemon like milk and milk products, banana, guava etc.

### DON'TS

- Avoid specific containing foods or bedtime like green peas, cauliflower, cabbage as it promotes urticaria
- Avoid stimulants like coffee, alcohol, beverages (Pepsi, Coca-Cola)
- Avoid heavy meals and overfeeding



## ADDITIONAL MEASURES

- Avoid emotionally uplifting activities like crying, scolding, just before bedtime
- Enforce a proper bedtime for all children according to their age
- Keep the child dry after passing urine or stool
- Help the child change position every 3-4 hours
- Give regular medications on time



## PRESENTED BY

Ms. S. Padarabini - Paediatric Nursing

30119 - BSNL, SDCON

Ms. Anupama Dr., BSc, MSc, BEd, Certificate

Master, MEd, DCA, BEd, BSc, B.A.



Bengaluru, Karnataka, India  
 Auditorium, John Nagar, Koramangala, Bengaluru, Karnataka 560034,  
 India  
 Lat 12.930933° Long 77.620438°  
 15/09/21 11:44 AM