

## How to Cure Insomnia in Children



Insomnia (difficulty falling asleep)

When children suffer from insomnia they basically exhibit the same symptoms as adults, but the consequences can be even more severe. Since children require more sleep than adults in order to function properly during the day, and because lack of sleep can contribute to lack of cognitive development, it is essential that you take steps to cure insomnia in your child.

### Keep to a Schedule

#### Step1

Establish a consistent bedtime for children who suffer from insomnia. Don't allow them to stay up late watching television or even to finish their homework. Children respond well to limits and set schedules. A bed time ritual is one of the best ways to encourage sleep.

#### Step2

Limit the intake of beverages and foods that contain caffeine during the four hours prior to bed time. Children respond to caffeine in the same way as adults, only more so, and the added energy will only serve to stave off sleep. Drinks such as milk and water are much better for an insomniac.

#### Step3

Eat dinner at least two hours before children go to bed. Large meals right before bedtime can cause lack of sleep. Similarly, avoid bedtime snacks.

#### Step4

Take walks at night just before bed to encourage fatigue. In some cases, children suffer from insomnia because they haven't done sufficient physical exercise to wear themselves out.

#### Step5

Remove toys and games from the bedroom when you're trying to cure children of insomnia. Make the bedroom a place meant exclusively for sleep, which can sometimes trigger an automatic reaction of sleepiness.

#### Step6

Play soft classical music in the bedroom when your child is trying to fall asleep. This will soothe the nerves and calm the mind, and can sometimes cure insomnia by itself. Alternatively, add some sort of rhythmic noise to the bedroom, such as a ceiling fan or metronome.

#### Step7

Limit daytime naps. Children who suffer from insomnia shouldn't be sleeping for several hours during the day. Their inability to sleep at night may be an indication that naps should be eliminated entirely.

#### Step8

Lower the temperature. Turn down the thermostat or turn on a fan in the bedroom for added ventilation. When the body is cool, restful sleep is more likely.

### Tips & Warnings

- Don't get angry at children who suffer from insomnia. Your irritation may lead to anxiety, which will increase the symptoms.