

Sleep Deprivation in TODDLERS



Indications that your toddler may be sleep deprived



Difficulty in waking up in the morning



Low energy throughout the day



Irritability and mood swings



Longer daytime naps or falling asleep in school

Difficulty in concentrating or lack of attention



Reasons why your toddler may be sleep deprived



Hunger or need for the comfort of parents



Improper sleep environment such as noisy surroundings



Ongoing medications for disorders such as ADHD



Underlying conditions such as obstructive sleep apnea or acid reflux

Insomnia from factors such as improper sleep habits or a naturally hyperactive mind



References:

1. Insufficient Sleep in Children; Children's Hospital Colorado
2. Sleep deprivation; Better Health