

## Dr. Daniel Lewin: Sleep: Getting the Nervous System Back in Balance

Dr. Daniel Lewin, pediatric sleep expert, will discuss and answer questions about the importance of sleep in the brain and body. Insufficient sleep has a complex bi-directional (reciprocal) relationship with chronic and acute pain, stress, anxiety, depression, fatigue, and many other health problems. It's the first item that needs to be addressed for kids with pain, stress, anxiety, and depression to help get the nervous system back in balance. If you're not sleeping, your stress levels are higher and your body isn't processing efficiently. Understanding how sleep resets the body's nervous system can help it maintain balance.

You can learn how to improve your child's sleep by optimizing bedtime routines and improving your child's ability to sleep through the night. Children wake for many reasons and often disrupt the sleep of other family members. Sleep problems also change across childhood and while good sleep health early on makes for better sleepers throughout childhood, there are lots that can also be done to help school age kids and teens. Dr. Lewin is a national child sleep expert and will answer questions related to good sleep health and sleep disorders so that all family members can have restful and restorative sleep. As a pediatric psychologist, Dr. Lewin has worked with children with both sleep and chronic pain and other medical conditions and can provide strategies for children who have complex problems.

Other topics will include:

- How to transition from summer's lack of a schedule to school sleep schedule.
- Building good bedtime and wake-up routines.
- Sleep walking, sleep talking, nightmares, and other sleep disorders: what they mean and what to do.
- Is day/night sleep an issue with your child? How to prevent night time wakefulness and daytime sleeping.
- What are reasonable hours of bedtime for kids of various ages? How much sleep should they get?
- Sleep Cycles: how to get to sleep, stay asleep, and normalize day/night schedules.

<https://www.youtube.com/watch?v=jWdxvUZFGK4>