

Includes interactive eBook with complete content

A CLINICAL GUIDE TO

# Pediatric SLEEP

*Diagnosis and Management of Sleep Problems*

THIRD EDITION

Jodi A. Mindell  
Judith A. Owens



10045624

ห้องสมุด วพบ. สุรินทร์

 Wolters Kluwer

# CONTENTS

*Preface to the Third Edition* vii  
*Acknowledgments* ix

---

## Section I: Introduction to Pediatric Sleep

---

1. Sleep 101 . . . . .	3
2. Sleep in Infancy, Childhood, and Adolescence . . . . .	15
3. Evaluation of Pediatric Sleep Disorders . . . . .	37
4. Polysomnography. . . . .	48
5. Healthy Sleep Habits for Children and Adolescents . . . . .	59

---

## Section II: Pediatric Sleep Disorders

---

6. Symptom-Based Algorithms . . . . .	71
7. Bedtime Problems in Young Children . . . . .	75
8. Nightwakings in Young Children: Sleep Associations. . . . .	83
9. Nighttime Fears . . . . .	92
10. Nightmares. . . . .	97
11. Disorders of Arousal: Confusional Arousals, Sleepwalking, and Sleep Terrors . . . . .	102
12. Sleep Related Rhythmic Movements: Head Banging, Body Rocking, and Head Rolling. . . . .	112
13. Sleep Related Rhythmic Movements: Bruxism. . . . .	117
14. Sleep Enuresis . . . . .	121
15. Sleep Related Breathing Disorders and Obstructive Sleep Apnea . . . . .	128
16. Restless Legs Syndrome and Periodic Limb Movement Disorder . . . . .	153
17. Excessive Daytime Sleepiness: Narcolepsy and Other Hypersomnias . . . . .	170
18. Circadian Rhythm Sleep–Wake Disorders. . . . .	189
19. Insomnia . . . . .	200

---

## Section III: Sleep and Medications

---

20. Sleep and Medications. . . . .	211
------------------------------------	-----

---

## Section IV: Sleep in Special Populations

---

21. Sleep and Neurodevelopmental Disorders. . . . .	235
22. Sleep and Medical Disorders. . . . .	245
23. Sleep and Psychiatric Disorders . . . . .	259

---

## Appendix

---

Appendix A Resources for Families . . . . .	271
---	-----

*Suggested Readings* 273

*Index* 281