

Pre-referral Guide for Primary Care

The majority of sleep problems in children are behavioural or have a behavioural element to them. The evidence for medication use including melatonin is still fairly weak and is not justifiable in most situations. There is however good evidence for the effectiveness of behavioural management.

	Action	Resource
Antenatal and Postnatal Sleep Health Promotion	Give advice on normal sleep patterns, sleep position and basic information on importance of sleep.	Caring for your baby at night Leaflet: https://www.unicef.org.uk/Documents/Baby_Friendly/Leaflets/caringatnight_web.pdf
		Additional resources: Professional guide for above: https://www.unicef.org.uk/Documents/Baby_Friendly/Leaflets/HPs_Guide_to_Coping_At_Night_Final.pdf Good information for expecting and new parents can be found at: http://www.nhs.uk/Conditions/pregnancy-and-baby/pages/getting-baby-to-sleep.aspx#close
Basic Sleep Management	Initial management involves giving generic sleep advice.	NHS Choices is a helpful place to find good information which is age specific http://www.nhs.uk/livewell/childrensleep/Pages/childrensleephome.aspx
	Amount of sleep needed for age	How much sleep does a child need chart (Appendix 2)
	Age specific sleep advice	Babies: http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/getting-baby-to-sleep.aspx#close Young Children: http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/sleep-problems-in-children.aspx#close Adolescents: http://www.nhs.uk/Livewell/Childrensleep/Pages/teensleeptips.aspx http://school.sleepeducation.com/resources/lessons/teensdrowsydriving/PBrochures_TeensYngAdltsSleep.pdf
	What sort of problem does the child have? <ul style="list-style-type: none"> • Bedtime problems • Excessive daytime sleepiness • Awakenings in the night • Problems of regularity and duration of sleep • Snoring 	BEARS questionnaire can be used to consider these problems in children 2years+ (Appendix 10)
Targeted Sleep Management	Is sleep really the problem? <ul style="list-style-type: none"> • Is it outside the normal range? • Consider medical reasons for sleep problem e.g eczema, 	How much sleep does a child need chart (Appendix 2) Ten medical reasons for feeling tired http://www.nhs.uk/Livewell/tiredness-and-fatigue/Pages/medical-causes-of-tiredness.aspx

	<p>GOR, obesity, sleep apnoea, snoring, bed-wetting, epilepsy, CFS, mental health issues, etc and manage accordingly.</p> <ul style="list-style-type: none"> Consider family relationship and environmental factors. 	
	Encourage Positive Bedtime Routine	Dr Bramble's 10 steps to a quiet night (Appendix 3) Sleep for Teenagers (Appendix 4)
	<p>Manage Behavioural Insomnia: primary sleep disorder causing</p> <ul style="list-style-type: none"> Difficulty getting to sleep Difficulty maintaining sleep Non-restorative sleep 	<p>Behavioural Management Techniques (Appendix 6)</p> <p>APP: There is a infant sleep lab app that can be downloaded from https://www.isisonline.org.uk/app/</p>
	<p>Consider other sleep related causes</p> <p>Hypersomnia: Too much sleep</p> <p>Parasomnia:</p> <ul style="list-style-type: none"> Night terrors Sleepwalking Enuresis Bruxism <p>Circadian rhythm disorders:</p> <p>Sleep related movement disorders</p>	<p>NHS Choices gives information on many of these – selected ones below.</p> <p>Night terrors and nightmares. http://www.nhs.uk/conditions/night-terrors/Pages/Introduction.aspx</p> <p>Sleepwalking. http://www.nhs.uk/Conditions/sleepwalking/Pages/Introduction.aspx</p> <p>Restless legs. http://www.nhs.uk/conditions/Restless-leg-syndrome/Pages/Introduction.aspx</p>
	<p>Sleep diary: Chart the sleep pattern over a 2 week period.</p> <p>Choose the diary that suits you and the family best.</p>	<p>Younger child: Sleep Diary with pictures (Appendix 9) or simple (appendix 7), detailed (appendix 8)</p> <p>Older children: Self-reporting sleep diary: http://www.nhs.uk/Livewell/insomnia/Documents/sleepdiary.pdf</p> <p>Or https://sleepfoundation.org/sleep-diary/SleepDiaryv6.pdf</p>
	Help may be available from	<p>Children with an additional neurodevelopmental problem</p> <p>Cerebra: http://w3.cerebra.org.uk/help-and-information/sleep-service/</p> <p>Local Children Centre, designated keyworkers for health, primary mental health specialists, school health nurses and health visitors</p>
SPE Referral (Comm paed, CAMHS or SSCLD)	<ul style="list-style-type: none"> ➤ For resistant sleep problems. ➤ Place of referral dependent on additional needs of child - see team referral criteria. 	<p>Referral information to include:</p> <ol style="list-style-type: none"> 2 week sleep diary Outline of what the sleep issue is (accompanied by screening questionnaire). Record of what has been tried already.