

**The Parent's Mini-Manual : Sleep-Helping your
Family Members-Teens/Children- and Bedwetting**

Author:

Dr. John E. Mayer

The **Parent's Mini-Manuals** are a series of books written for **Noggin Power²** that provide guidance to parents on the most important concerns they have in raising today's children. The target age-range of these mini-manuals is school-age children from elementary school through college.

Each mini-manual represents the collection of the most up-to-date information that the field of psychology, child rearing, youth development and the entire field of behavioral sciences has to offer; we then condense this knowledge into short, easy-to-read manuals for parents.

We call these books "manuals" for several reasons: first, we take a stand with our statements inside each mini-manual. We do so to avoid the pitfall of many self-help books that give too general of direction or provide a choice of many avenues to follow without committing to any one direction. Second, these books represent the best available information that science has to offer at the time they were written. They are, "the way things work." Third, the title "manual" captures the spirit that we are building something together. In this instance, we are building children, youth, families and communities by using the best available knowledge. Truly, this is the mission of **Noggin Power²**.

In using this book please understand that we do not attempt to criticize, attack or undermine in any way your own knowledge of your children or your family. *You are the expert on your family.* Our goal is to help you build a family in a way that makes your life easier, safer and more enjoyable. You may disagree with what is said in these mini-manuals. You may tailor the techniques to fit your family. You may have better ideas. Our goal is to encourage you to think about how you parent. If you employ one or more effective techniques to help better your family life, then we have accomplished our goal. *You are the parent(s)*, we cannot take that responsibility away from you by simply informing you of parenting techniques. This book is meant to serve educational purposes only and not substitute for professional services when needed.

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Sleep: Basic Considerations

Sleep is vital to a healthy lifestyle, yet one third or more of children and adolescents experience sleep problems. For adults, some researchers estimate that the amount of adults suffering sleep problems is upwards of 45% of the entire population costing industry between 50 billion dollars each year in absenteeism and as much as 150 billion dollars each year in work down time from fatigue, lack of energy and focus on work tasks.

Proper Sleep is a problem affecting every family.

During sleep our body rejuvenates itself. Cellular restoration occurs across the entire body, refueling of energy reserves, brain development; it replenishes the brain's energy stores, organ health, and much more all take place during sleep. The old adage about 'getting your beauty sleep' is not just an old saying. Sleep is vital to keeping a young healthy look. When we don't get enough sleep, higher glucose and insulin levels develop in the blood. Surplus insulin levels leads to the storing of body fat to protect the body, so we can gain fat by not sleeping enough.

With all these vital functions going on during sleep, many of us pay very little attention to HOW to sleep or sleep preparation. We commonly think that sleep is an automatic process that will take place successfully on its own. This couldn't be further from the truth. We become painfully aware of the need to prepare for sleep when it doesn't go well.

As you can see proper sleep is extremely important in our family's lives and not something to take lightly. The goal of this Mini-Manual is to provide you with the most up-to-date techniques to get a restful and healthy sleep and to guide your loved ones in this process as well.

The Methods detailed in this Mini-Manual are effective for all ages from toddlers through seniors.

Medical Considerations

If you have persistent, repeated interrupted sleep, lack of sleep, shortened sleep, or don't feel refreshed by your sleep it is advised to check a thorough check-up from your physician first. But, the techniques in this Mini-Manual are important to follow regardless of the outcome of this check-up! Let your family physician rule-out (Eliminate) any physiological basis for your sleep problem(s).

Caution!

A word of caution is advised here. Sadly, a typical visit to your physician is inherently directed at the prescription of medication. Thus, most likely this check-up will result in getting a prescription for a sleeping aid. Be careful here. Sleeping medications are powerful drugs and can lead easily to dependence and addiction. Physicians and the drug companies may insist that these medications have no addictive properties, BUT, in my years of experience the psychological dependence on sleeping aids is just as powerful as the chemical addiction.

Before using that prescription—Please work with the techniques in this Mini-Manual first!

Emphasis is on the term-work. The sleep techniques offered in this Mini-Manual do take some practice and consistency. Doing them one or two times and not getting dramatic results doesn't mean you should rush right out to your drug store and get that prescription filled. Some people get immediate relief using the techniques detailed here, for others it takes some practice.

All medications have side effects. Be careful.

Your visit to the physician should be to rule-out any medical conditions that will make using these sleep techniques impossible. Some of the common physical conditions that may interfere with our program here are: Current side-effects of medications you already are on; physical pain, such as back pain, leg cramps, allergies, breathing difficulties, organ disorders, digestive disorders, heartburn, metabolism disorders, thyroid imbalances, hormonal disorders, and major disease.

A final note of caution on the use of sleeping pills is advised. Many patients report that even though the sleeping pills do induce sleep, this sleep is not restful. Many

patients report that they feel, groggy, dizzy and sickly the next day after using sleeping medication. As a result they feel less motivation, a general melancholia, aggression, memory problems and depression. This effect seems to be even more pronounced when using over the counter sleep medications. This is most likely the case because many of the over the counter medications Benadryl. Benadryl has a long chemical 'half-life'. This means it stays in the body longer than many other drugs. As such, the side-effects linger well into the next morning, so people report a more 'sicky' feeling throughout the next day, trouble urinating, memory and alertness problems, irritability and nervousness.

What is Healthy Sleep

Newborns spend about 70% of their time sleeping, adults only 25-30%. The recommended number of hours for different age groups is: Infants (1 week- 9 months old) require about 14 to 16 hours of sleep daily. 13 hours by age two, 11 hours by age 5, 10 hours by age 10 and 8 1/2 to 9 1/4 hours during adolescence. Adults should get 8 hours of sleep for the duration of their lifespan. It is a myth that adults' need for sleep keeps decreasing with age, if that were the case we would require 1 hour of sleep by age 50. Eight hours of sleep requirement consistently through adult hood is the recommendation of researchers.

In summary, the **recommended** and **normal** amounts of sleep at different ages:

- 14-16 hours for children 1 week to 9 months.
- 12-14 hours for children 12 months to 3 years.
- 10-11 hours for children 4 years to 8 years.
- 9 1/2 -10 hours for children 9 to 11 years.
- 8 1/2 - 9 1/2 hours for adolescents and pre adolescents aged 12-17 years.
- 8 1/4 hours for 18 to 20 year olds.
- 8 hours through adulthood.

The Best Methods to Guarantee Good Sleeping

Critical Preparation for Sleep

The first step toward good sleep is to prepare yourself for sleep. The following preparations should be followed to get you ready to sleep well. The aim of these preparations is to eliminate any conditions which will interfere with your sleep. Make these preparations a habit or ritual before you lay down to sleep.

Being Tired

This may sound simplistic, but we can take for granted that you will not sleep automatically if you are not tired. Inactive people have a statistically higher incidence of sleep problems.

Participating in some physical activity throughout the day as part of a healthy lifestyle helps the body become tired come nighttime and aids good sleep.

Don't force yourself to go to bed if you do not feel tired. Don't even lie down if you are not tired. All this will do is make your time in bed a struggle. Sit in a chair, read or do some other restful activity that will lead to fatigue.

It is very important not to 'toss-and-turn' in your bed. If you find yourself tossing and turning, get up out of bed and return when you are tired. Use the rest of these preparation techniques to induce tiredness.

Never fight with your Bed!

Be clean

Being fresh and clean before you lay down in your bed makes your sleeping environment more comfortable. Some of the biggest offenders here are adolescent males. Many teenage boys try to sleep by just plopping down in their beds in their street clothes without washing or brushing their teeth. This makes for a sweaty, uncomfortable bed and an uncomfortable sleep.

Wash before bed, in fact, for those patients who have sleep problems excellent results can occur from taking a hot bath or shower before bed. Taking a bath, especially, with as hot water as you can stand and soaking a bit in that water relaxes the muscles and has great effect on good sleep. Do not sleep in the same clothes you wore all day.

Bedroom-fresh, clean and ultra comfortable-avoid the ‘dorm room’ bed

Discourage young children from using bed as a play area. The bed should be reserved for sleeping. It will stay fresh and more comfortable if it wasn't used to play on, study on, work on, etc. This is one of the biggest mistakes that college students do with their dorm rooms. Because dorm rooms are typically small, many students use their bed as the epicenter of all their activities. They eat, work, listen to music, watch television, and play video games all from the command center of their bed. The predictable result of this is that their bed will become uncomfortable as a place to sleep. It is already sweaty, full of crumbs, and has an indentation from lying on it for hours on end. No amount of ruffling or ‘airing out’ can sometimes make it comfortable again for sleeping and viola they have a sleeping problem.

Bed is for sleeping only!

Study, play games, eat elsewhere.

No Caffeine

By the time we are 18 years of age, caffeine has a half-life of 4.5 hours and it gets longer as we age. This means that the stimulating properties of caffeine keep us awake longer as we age. That's why the older you get you hear more people say, “I used to be able to drink coffee right up until bed time, but now it keeps me up.” The simple equation is, the older we get-the earlier in the day we should stop drinking caffeinated drinks.

Be Careful of Certain Foods

Caffeinated drinks are not our only enemy of sleep. Spicy foods can irritate the stomach so much that you are awake while your stomach is in pain or you are stimulated to have a bowel movement or diarrhea. Eating raw vegetables too soon

before bedtime can create stomach gas and result in flatulence or pain. Both of which can keep you up at night. Be careful of unusual foods and carefully monitor these in your child's diet. Back to our enemy, caffeine, many foods contain hidden caffeine. So, when you or your child have sleep difficulties make sure you study the ingredients of foods you eat 3-4 hours before bed. Also foods that can interfere with sleep are those that contain high sugar foods, candy, extremely cold foods, and in general, foods that normally upset your stomach. Know yourself and how your stomach reacts to certain foods and don't eat them before bed.

No Stimulation

Young people in particular seem to try and sleep with music blaring or the television on. This may be ok for you but when you are having sleep problems be careful of aggressively loud music or TV and programs that stimulate you or capture your interest and you will naturally stay awake to enjoy. It is not just relaxation here, it is over stimulating and you will not sleep. You will be surprised how much a TV show can get your mind to ponder something that was said or even just the flashing images and bright changing colors can keep the mind on hyper-drive making it difficult to shut down completely.

Be Careful of Exercise too Close to your Bed Time

Yes, we mentioned that daily physical activity is an aid to good sleep and many people today cannot fit in physical activity until late at night, BUT, you must monitor your body's response to exercise. For some people, exercise increases their adrenaline to the point where they are stimulated and voila, you will not be able to get to sleep. For other people, good physical activity just wipes them out and they can sleep outstandingly well. Monitor how your body will react to physical activity and adjust your exercise time accordingly.

WATCH YOUR SLEEP CYCLE

Sleep is a habit and it thrives by being cyclical. When we disrupt a good, successful cycle, it is hard, sometimes even impossible to get back into a restful sleep. The best example of this is students and weekend patterns of sleep. Students are notorious for staying up way too late on Friday and Saturday night, many of today's youth stay awake well into the next morning on these nights. The problem here is that your sleep cycle becomes totally out of whack. When that student tries to go to bed at nine o'clock on Sunday so that they can get their eight hours of

restful sleep before the Monday school day, it is almost impossible to get to sleep at that hour because the mind and body are still wide awake.

The key here is not to totally deny the student to stay up a bit later on Friday and Saturday nights, but that this extra time is reasonable, maybe, just maybe a couple of hours later than usual, but not the five to six hours that many students stay up extra on those nights. Vacation time is a totally different story. If there is no reason for the young person to establish an early morning awakening, let them sleep. They do need their rest.

But, finally as the school year approaches it can take as much as two full weeks for the average youth to establish their school sleep cycle of earlier bed times and earlier morning awakening. So, start the habit of the school sleep cycle two to three weeks before the beginning of the school year for students who have a summer vacation schedule.

Drugs/Alcohol

Many people take a drink of alcohol before bed with the idea that it is safer than a sleeping pill and has the same sedative effect. Alcohol can relax you enough to allow you to get to sleep, but it has a rebound effect because of its high sugar content. So, you may initially get into the first stages of sleep, but within 3-4 hours you may just awaken without ever getting into deep sleep. A better way to get into a sleep state is given below in the **Ok Now we Sleep** section of this Manual. Try to restrain from using alcohol and use these techniques.

Pain/injury

If you or your child has an injury or is sick, sleep will become difficult. Expect that this will be the case, don't fight it, but try and make the child as comfortable as possible and pain free as possible. Your pediatrician or family doctor will have advice on this. It is at these times that the sleep preparation techniques I talk about in this Mini-Manual will be very important to follow.

One last word on being sick and sleep. When anyone is sick and bedridden this is a time when they can easily get out of a normal sleep cycle. Because they are sleeping during the day, it makes sleeping at night that much more difficult. Again, don't panic about this. But, you may want to instruct the child to not toss-and-turn

in their bed at night if they are not tired. Let them sit in a chair or lay on the couch until they are ready to go back to their bed. Never fight the bed, even when sick.

Never use ‘Going to Bed’ as a punishment

Bed should be for sleep only. Don’t start the habit of, “Go to bed” as a punishment. Doing this creates a negative association with bed. Bed should always have a wonderful, *Ahhhhhhh*..... association. Never a frustrating, angry place to be.

Urinate before going to bed

You will be awakened by the need to urinate at any age, but this is even more pronounced in childhood and adolescence. As a general rule, urinate or try to urinate as part of your bedtime preparation. See some urination tips in the bed Wetting section, next.

Bed Wetting

Bed wetting is a complex problem at many ages and too large to do complete justice in this Mini-Manual. The problem of bed wetting deserves its own manual. There are many good books on the problem of bed wetting, what we would like to do here is point you in the right direction on this serious problem and present what we know so far.

The majority of bed wetting problems are solved by good bed time preparation. If bed wetting is a problem, discourage any drinking 2 hours before bed time and encourage urination prior to bed regardless if the child doesn’t feel the need to eliminate. If your child complains that they just can’t urinate before bed here is a technique that many manuals are too embarrassed to discuss. Instruct you child (Male or Female) to relax their bladder control while they are on the toilet by gently rubbing the area right above their anus. This should feel almost like a self-tickle to them. This will relax their bladder muscles and will induce at least some urination. This will only work if they do it. You should not nor cannot stimulate this area and get the same effect. Doing this before bed helps empty the bladder and decreases the chance of bed wetting. Another technique that may sound silly, but it works is to run water in the sink when you try and urinate. This often results in a flow of urine. And finally, wet a face cloth with cold water. Place 2-3 ice cubes in the face cloth and for males hold this on the testicles. For females hold this just above the vaginal area. Many people have reported that this helps with reluctant urination before bed.

Bed wetting will be helped tremendously by following the techniques in this Mini-Manual not only this Preparation section, but the **Ok, Now We Sleep** section. In this latter section one of the positive side effects of using the techniques is that worries and anxieties will be reduced. One of the leading causes of bed wetting is anxiety.

Bed wetting can be caused by several physical/medical conditions and a work-up by your pediatrician is in order if you followed this manual and the child/teen is continuing to bed wet. In addition, if you have followed this manual and had a physical evaluation and the bed wetting persists, consult a psychologist as anxiety/stress is also a leading cause of bed wetting.

Don't Reward a Child for getting out of bed

TV, play and long conversations should not be allowed when you child gets out of their bed. All of these things reward your child from leaving their bed.

If your child gets out of bed, calmly and immediately lead them back into the bed without conversation or punishment.

Be Careful of Pets sleeping with you or your children!

Pets are a wonderful experience for people of all ages, but if you are experiencing sleep problems you may want to try banishing the pet from the bedroom. Pet dander could be stimulating allergens that you may be able to fend off in the day, but in the physical vulnerability of the night condition of your body, these same allergens you have no trouble with during the day can now irritate you at night and cause you to have a restless sleep.

A Dark, Cool Bedroom is Usually Better for Sleep

Our internal clock responds to darkness by signaling the brain that it is time to sleep. So, a dark bedroom does help induce sleep. But, if you or your child experiences excessive fears because of a dark bedroom, be reasonable. Similarly, most people sleep better if the bedroom is cool and they can bundle up under the covers. This bundling under the covers gives a person a secure, safe feeling.

With both of these conditions, the most important point is that YOU control your environment for sleep.

Don't "gut out" bad conditions. Change the temperature in the room. Make it lighter or darker depending on your needs. It's your sleep time, no one else's.

Ok, Now We Sleep

Techniques for a restful sleep

Ok, now you are all prepared for that long awaited, beautiful night of sleep. But, being prepared just eliminates things that may interfere with sleep, preparation is vital, but now you need to learn the techniques that will insure a restful sleep.

Here we go, but let me warn you that for some people these techniques will seem unfamiliar and maybe hard to do. They will take practice and a bit of patience, but they will work. I cannot emphasize enough, they may take some practice to get right, so don't give up on them.

The first step is to think about the thing or things that give you the most pleasure. I am using that word, *pleasure*, purposefully. I want you to think about some place, some person, some activity that is or has been a purely pleasurable experience. Or it can be something you have never experienced in reality before, but is a goal or even a missed opportunity in life that you would like to re-live. Don't hold back! It can be fantastic, a pure fantasy, a day dream-like scene in your head.

For example, some people may pick being a sports hero. You have been picked by the Dallas Cowboys to play quarterback because their current star was injured. You come into a crucial game and play fantastic.

Or, you are the star player on your high school basketball team and you singlehandedly take your team to the state championship. In every play-off game so far your shooting percentage is an amazing 80% from the field and 100% from the free-throw line; both are state records entering into the championship game.

Or, you are a world famous doctor and you are working on the cure for cancer and you are receiving the nation's highest award for science at a black tie ball at the White House.

Or, you are on an island beach lying in a hammock. The temperature is just perfect, not too hot and not too cool. The sun is warm yet not intense. The ocean breeze is cooling and the air breathes fresh and clean.

Or, you are with your ideal boyfriend holding each other with your bodies pressed closely against each other. You are snuggled together on the living room sofa under a blanket and watching your all time favorite movie. You steal kisses and stroke each other's hair while the movie plays.

Or, you are a race car driver driving for the first time in the Indy 500. You are defying all odds and setting records for speed on a car you designed all by yourself.

Or, you are in the 1800's and a romantic, beautiful/handsome lover comes into your life and has only one ambition and that is to please you and take you on trips to foreign lands and dine at the most exquisite restaurants in the world.

Or, for that matter, you love to cook and you want to fantasize the ideal dinner with the most wonderful guests that will enjoy your food.

No one can choose the scene for you. It has to be yours and yours alone. It can be outrageous or it can be tame. It can be heroic or it can be serene. It is your secret life, your fantasy world, your dream or wish. But, most importantly it is all yours.

Take your time doing this because it has to be something to think about that is your secret, favorite little pleasure in life. Don't share it with anyone else.

The first night after reading this you just might lay down, after all those preparations we discussed earlier, and just think about what your scene could be. And don't worry; your scene doesn't have to last the rest of your life. You can change your scene or even choose to dream about a different scene very night. You will settle on what works for you. The best choices are ones that you can concentrate on and no other thoughts interfere with the pleasurable experience of thinking solely about that scene in your head. If you choose a scene and you keep losing the picture in your head, like interference on a TV broadcast, then you know that this scene isn't the best one for our purposes here.

Now, here's where the intensity comes into this program. Once you have settled on your scene, that image in your mind that is the most pleasure you can think of, you should begin to try and view that image(s) in your mind right as you close your eyes and hit your pillow. And here's the trick. Really, really get deep into your scene. Try and focus on the details of the images. Take for example if your scene was lying on a beach in a Caribbean island. You should be able to feel the cool breeze on your face, smell the ocean water off in the distance, feel the soft sand run through your fingers, and enjoy the perfect temperature on your body. Picture what you are wearing. What color is it? How does the fabric feel? That's how much you concentrate on the scene you created in your head.

Take another one of our brief examples. Let's say the image you chose was of being a sports hero. The first night that you close your eyes and image this scene you might just concentrate on what your uniform looked like. You might picture yourself putting all your equipment on, piece by piece. What it was like in the locker room before the big game? What were the other players saying? Be very, very detailed. Then what it was like going from the locker room onto the court or the field. What does it smell like, what does it feel like? Is it raining, can you smell the grass on the field? You look over the crowd. What does it sound like? What do they look like? Imagine the smallest of details.

And, if you can't picture one particular detail, then stop right there and concentrate all the harder. Then make something up in your head. After all, it is your dream. Be outrageous if you want to. Always thought purple and Kelly green would be great for a uniform? Heck, it's your dream and your team. Go for it. You want to score ALL the points in the championship basketball game? Go right ahead and be our guest. Dream, fantasize, live large and let go. The more fantastic and pleasurable, the better for this exercise.

The trick here is that the more pleasurable and fantastic your scene is, the more you will block out the day's worries, hardships, and negativity. What you will experience if you do this correctly is that you will be asleep before you can advance your story to the next scene. And that's Ok! You always have the next night and the next. You will find that you will look forward to going to bed the next night because you have the next chapter in your fantasy to look forward to when your head hits that pillow.

One of the wonderful side effects of this system is that you will find that you will have fewer nightmares and sleep anxieties because you have cleared your mind of negativity. You began your sleep with a positive frame of mind. Studies show that when the mind starts sleeping in a positive state, it will remain in that state for the entire night.

Why does this work? What is the secret here? This technique is actually a form of self-hypnosis. It seems fanciful, maybe even a bit childish to some, but it is a form of this very powerful technique that has been used for centuries for everything from pain management to childbirth to some minor surgeries. The imagery you choose can be called your, focal point, using the terminology from the field of hypnosis. Establishing a focal point is the foundation of hypnosis. So, as fanciful

as this technique may seem, it has its roots in an age old, respected technique. And, most importantly, it works!

The use of your imagery or focal point combined with the good sleep preparation and good sleep habits is a powerful system for obtaining a sound and restful sleep. Sleep laboratories in hospitals and universities across the country and throughout the world advocate this three part system as the most advanced methods available for guaranteeing great sleep.

One final note, you may wonder what to do if you wake up in the middle of the night when you are using this system? Here's what to do. Remember to follow the good sleep preparation tips given in the previous section. That is, don't fight your bed, don't toss and turn, get up out of bed if you don't get back to sleep right away. And now, we add the most important element of getting back to sleep: get right back into your focal point/fantasy and right where you left off before you went to bed. Getting your mind to concentrate on your focal point/fantasy will get you back to sleep in no time.

A Final Word From NogginPower²

We hope you found this Mini-Manual helpful. Visit our web site, www.nogginpower2.com often for more useful information to help you and your family. We plan more Mini-Manuals and other publications, videos, and other aids to make your life easier and more successful.

Finally, if you did benefit from this Mini-Manual, please spread the word about our web site and our publications to other parents, teachers, your school, everyone! The best compliment and the best publicity for what we do is your word of mouth recommendation.

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Again, our thanks for sharing your valuable time with us and allowing us to enter into your family life.

The NogginPower² Team

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