Clinical Essentials on Sleep in Children and Adolescents

Lectures by Argelinda Baroni, MD, and Jess P. Shatkin, MD, MPH

These two lectures are a total of 62 minutes and address the following:

**Physiology of Sleep and Circadian Rhythms**
*Argelinda Baroni, MD: 2017 AACAP’s 64th Annual Meeting*

**Part 1: Basic Sleep Physiology**
- Sleep Measures and Definition
- Polysomnography and Sleep Cycles
- Physiology Features of NREM vs. REM
- Changes in Sleep Across Ages

**Part 2: Two Major Processes Involved in Sleep Regulation: Process S & C**
- What Makes Us Sleepy?
- Boberly’s Model of Sleep Regulation
- Suprachiasmatic Nucleus and Melatonin Production

**Part 3: Purpose and Function of The Circadian Rhythms and How Their Misalignment Might Present as Insomnia and Delayed Sleep Phase**
- Delayed Sleep Phase
- Pathophysiology

**Cognitive Behavior Therapy for Insomnia in Adolescents and Young Adults**
*Jess P. Shatkin, MD, MPH*

**Part 1: Insomnia Background/Overview**
- Findings & Factors
- Sleeping Pills
Part 2: Overview of Cognitive Behavioral Therapy (CBT-I) for Sleep
  • Overview & Efficacy
  • Indications & Mechanism
  • Contraindications

Part 3: Implementation of CBT-I
  • Delivery
  • Stimulus Control Therapy
  • Sleep Restriction Therapy
  • Cognitive Therapy
  • Relaxation Training
  • Summary