

AMERICAN ACADEMY OF
CHILD & ADOLESCENT
PSYCHIATRY

W W W . A A C A P . O R G

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