

Sleep Regulation:

- A behavioural approach to regulating sleep should be initiated. *Proper sleep Hygiene includes the following:*
 - No caffeine (esp. energy drinks) after 3:00 pm.
 - Having a regular bedtime and, more importantly, wake time helps to train the brain to go to bed at a certain hour. This includes bedtime and wake time on the weekends.
 - Darken the room by placing some light obstructions (e.g., a blanket or thicker blinds) over the windows.
 - Using a fan or other source of white noise is helpful if other, intermittent noises are interfering with sleep onset.
 - Exposure to passive stimulation activities such as watching television, playing computer games or going on chat lines will disrupt the initiation of sleep, despite beliefs that these activities promote fatigue. It is better that they do active stimulation such as reading as a means to make themselves mentally fatigued.
 - It is helpful to be physically active through the day (though not within two hours of bedtime) to aid in physical exhaustion.
 - Limit the use of the bed to sleep only as this will create a positive association. The bed is not for watching TV, eating, or doing homework.

- an over-the-counter (OTC) medication such as Benadryl (50 -100mg qhs) or Gravol (50-100 mg qhs) can be quite sedating to some children and adolescents and may provide enough drowsiness for them to fall asleep. These can be used long-term without significant side effects. While OTC preparations promote physical tiredness, they may not stop mental activity, and conservative strategies to tire the brain are still reasonable.
- If the OTC options are ineffective, other non-benzodiazepine prescription medications such as hydroxyzine (Atarax), 50-100 mg qhs or trazodone (Desyrel), 25-100 mg qhs would be acceptable alternatives for longer-term use.
- *Naturopathic remedies* may include tryptophan supplements (500-1000 mg one hour before sleep), melatonin (0.5 to 1 mg one hour before sleep) and valerian root (450-900 mg extract). These are natural products, with tryptophan and melatonin naturally occurring in the body. Potential for side effects is limited, although with concurrent use of an antidepressant that is high in serotonin, there may be a risk of serotonin syndrome, wherein excessive amounts of serotonin are produced.
- *Dietary snacks high in tryptophan:* Dietary interventions are often foods that are high in tryptophan, a common amino acid found in many foods including turkey, beans, rice, hummus, lentils, hazelnuts, peanuts, sesame seeds, sunflower seeds, tuna, soy milk, cow's milk and other dairy products. An example of an ideal bedtime snack is a peanut butter sandwich with ground sesame seeds and a glass of warm milk, consumed one hour before sleep.