

Children's Health Minute

Air Dates: Week July 3, 2006

"Sleep Problems"

Spot # HHSC-JL01

Dr. Hellerstedt: From time to time, every adult has trouble getting a good night's sleep. But what if your child has a sleep problem?

Hi, I'm Dr. John Hellerstedt with the Children's Health Minute, connecting families with CHIP and Children's Medicaid.

While the causes of adult insomnia aren't always known, sleeplessness in kids often has an obvious cause.

Make sure things are OK at home and at school. You'd be surprised how much kids worry about things. Talking with them about their concerns can help.

Some sleep problems are due to physical symptoms. The source could be an upset stomach or even "growing pains." Be sure to listen for heavy snoring or problems breathing

If your child repeatedly has a problem going to sleep – or staying asleep --, it's important to consult your pediatrician.

Announcer: Health insurance is key to keeping your kids healthy. Call toll-free 1-877-KIDS NOW to apply or when it's time to renew your CHIP or Children's Medicaid. Six months of coverage for all your children costs just 50 dollars or less, but most families pay little or nothing. That's 1-877-KIDS NOW.