~~INTRODUCTION~~

~~I help parents recognise and fix kids' sleep problems. As a mum, I know there's nothing like lack of sleep or interrupted sleep to bring out the worst in kids (and their parents). On the flip side, when good sleep is the norm, kids can grow and thrive.~~

~~I've been working for 37 years as a Speech Pathologist, & conducted over 39,000 clinical consultations. I've seen first hand how sleep problems interfere with kids' health and growth, and family happiness. Why write "SLEEP WRECKED KIDS"? I was inspired by the global call from Sleep Specialists, who want parents to have a better understanding of the consequences of poor sleep. As research in sleep medicine proliferates, so does our understanding of poor sleep and it's many consequences. It's way more than just feeling foggy the next day. As a Speech Pathologist once I realized how sleep impacts communication learning focus and behavior, I wondered how any therapy, any learning could be effective, unless kids are properly rested. I was also inspired that, for sleep breathing disorders we have a key skills and a key role to play, in helping kids improve their airway so they can breathe and sleep better.~~

~~When it comes to sleep, parents have major challenges, because more than 1 million Aussie kids under 6 are sleep deprived, many are oxygen deprived and its connected to the way they breathe. Most of them are misdiagnosed or the problem is MISSED altogether.~~

~~((((delete form here?1. First problem is that some parents notice symptoms, but might think that snoring, noisy breathing, and night waking are normal, because no one told them it's not.~~

~~2. Parents may recognise a problem, but they're busy tired & looking for the quick fix, like a pillow under the head or musical beds in the middle of the night. Unfortunately, they don't work.~~

~~3. Parents looking for expert help, have trouble, because it's such a specialised area of medicine and many doctors don't know how to fix it.))))))~~

~~The worst things is when kids don't sleep they are poorly behaved, unhappy & not alert. They can be mis-diagnosed with ADHD and kids with serious disorder sleep apnoea can be missed completely. There's clear science to show that poor sleep and lack of oxygen to the brain can lead to stunted growth, poor brain function and immunity. Just what parents don't want. These kids start school behind their peers and it's really hard for them to catch up. Research proves that the ripple effects can last a life-time.~~

~~We need solutions – early, the earlier the better before kids start school, to avoid unnecessary health & learning disasters.~~

Comment [JP1]: An introduction is supposed to do two things:

1. Tell your readers what the book is about
2. Persuade them to keep reading

Your original introduction was just about you and your background which, while important, isn't enough to achieve these things. The introduction should focus on your readers, covering the problems they are struggling and what the benefits of solving them would be, before you explain how your book will solve those problems.

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~~To spread the word amongst parents. My mission is to spread the word, so that every parent has this health topic on their radar, and every kid have the best chance of getting a good night's sleep every night. By doing this, perhaps our collective efforts can raise global IQ, happiness and health.~~

~~I believe that parents deserve to have the latest knowledge at their fingertips, for treatable health issues. Kids deserve to grow well, be happy & reach their full potential. Everyone deserves a good night's sleep. In the vein of Adam Mansbach, "…no you're not thirsty, you don't need one more drink, your bed is waiting, now get the * to sleep" No. 1 NY best sellers list, now sold x million copies, and there's a good reason for that. Adam's best seller speaks to WHAT the problem is. Sleep Wrecked Kids is here to tell you WHY and HOW to solve the problems.~~

~~Here is the first step: "Sleep Wrecked Kids (and Parents)".~~

Introduction

~~Nice to meet you. We have an appointment with ENT referral letter below but not until May. As discussed~~ Sleepy Sausage breathes through her mouth constantly. She tosses and turns all night long and frequently wakes and needs ~~us~~her parents. She seems to have a kind of sleep ~~apnea~~apnoea where she stops breathing and then snorts herself awake. ~~I know this from sleeping next to her.~~

She is such a restless sleeper that when her mum ~~I work~~ is working late in ~~my~~ her home office, which shares a wall with her daughter's bedroom, she can ~~I~~ hear her bang into the wall around three~~3~~ times an hour as she tosses and turns so much. Although she sleeps in her own bed, she often ~~does appear to~~ wakes ~~fearful~~ in fear so either mum or dad~~one of us~~ will sleep in her bed with her. ~~We~~ They need to take this in turns because she rolls, snores and~~,~~ kicks so much that ~~we~~ they hardly get any sleep when lying next to her.

While her twin sister has been successfully

~~Additionally she is a twin and we have successfully~~ night time toilet trained, ~~her sister but~~ every second night or so Sleepy Sausage ~~more~~ will wet her bed, and doesn't ~~but won't wak~~ wake up~~e~~ for hours after the wetting. She is so sad when this happens that ~~we~~ her parents have ~~have~~ reverted her to night time nappies. Unfortunately, ~~but~~ this also causes her distress, despite ~~our~~ their reassurances that she is loved and still ~~our~~ their big girl.

She speaks so nasally that most people cannot understand what she says. She also was slow to speak compared to her twin, who still does a lot of the talking for her. Her parents

~~She is a loving and beautiful kid who just wants to please everyone. This sleep/breathing problem also seems to affect her ability to concentrate. Maybe she is just constantly tired?~~

~~We~~ have tried nasal cleaning and nasal sprays to no avail. There is constant drool on her pillow case, which ~~we~~ they change a couple of times a week.

Sleepy Sausage is a loving and beautiful kid who just wants to please everyone, yet this sleeping and breathing problem seems to affect her ability to concentrate. Maybe she is just constantly tired?

Sleepy Sausage isn't the only one.

Comment [JP2]: Revisit – something about the size of the problem (a plague of sleep-wrecked kids?)

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Comment [JP3]: I thought this story (tweaked from the email a mother sent you) was a more powerful way to being, as it goes into such depth about the problems this little girl is facing. However, I'd consider replacing 'sleepy sausage' with a name, as we don't want to take away from the seriousness of an issue.

~~CHAPTER 1~~

~~Parents As Lifeguards~~

~~Chapter Introduction~~

When Adam Mansbach~~'~~s book *~~Get the Fuck to Sleep~~* ~~wrote a book that~~ hit the New York Times best seller list, it surprised everyone. At the time of writing, it ~~"Get the F... To Sleep" and~~ has ~~now~~ sold over one ~~1~~ million copies. While n~~N~~o one expected it~~'~~s popularity, ~~yet in hindsight why was~~ is it ~~it~~ really such a surprise?

~~It speaks to the common concern of parents whose children won't go to bed, won't or can't go to sleep, can't wind down enough to go to sleep and the shenanigans that go with it. It names the problem, and it speaks to parents' pain points when kids don't sleep. Now parents need to understand why and how to solve sleep issues, how parents can be lifeguards for their kids and why parents need their sleep too. Sleep problems are common, the consequences reach way beyond the frustration it causes for the family. When bed time shenanigans settle into a firm habit, night after night with no apparent solution, kids don't get enough sleep, or don't get the right quality sleep it affects every aspect of their function: health growth mood IQ development.....kids can simply never be at their best and neither can their parents.~~

~~What I notice day after day in my clinic, is that many parents understand that sleep is important, but they seem unaware of the key signs that show that their kids are not getting the right sleep formula. What's more, they believe their kids are getting good quality sleep, even when the symptoms of poor sleep quality are in their face.~~

~~Chapter Body~~

~~As a parent I know how distressing it is when children are out of sorts and you feel helpless to fix it. I surveyed parents about whether a book on kids sleep would be of interest to them it was a resounding 'Yes' except for Daniel's mum. More about Daniel later. (Include?Here is a copy of the survey .....)Dr Chris Seton, sleep specialist at the Woollcock Institute in Sydney says that during childhood about one third of kids will have some kind of sleep disorder which will also have long-term significant effects. Sleep Disorders can cause children to struggle from day to day. 30-40%~~
Thirty to forty per cent of pre-schoolers have frequent problems sleeping, while nearly a third of kids will experience a sleep disorder that will lead to significant long-term effects.[1] Regardless of whether a sleep problem is mild, moderate or severe, there will be some impact on how kids are able to think, memorise and problem solve due to the disruption of the vital brain processes that take place while sleeping. At the same time, this can trigger behavioural agitation and aggression.

[1] Dr Chris Seton

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Comment [JP4]: Because the official title uses the full word, we should refer to it in full, rather than replacing letters with symbols.

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As a general rule, ~~and these issues are distinct from disorders like obstructive sleep apnoea and snoring (related to airway structure and function). T~~the more serious the disorder, the more severe the symptoms.

At one end of the spectrum, parents wonder why their kids are so tired and grumpy. They wonder why they can't concentrate, and why they're acting out. They wonder why they're doing so badly in school, and wonder why they grind their teeth and snore. Or they worry about them being too scared to go to sleep because of nightmares or fears about the monster under the bed.

At the other end of the spectrum, there are over ninety diagnosable sleep disorders. Sleep Disordered Breathing (SDB), for instance, can affect kids' brains, hearts, blood pressure, growth, appetites, possibly their teeth and jaw development and more.[2] Meanwhile, k~~, e.g. k~~ids with Obstructive Sleep Apnoea (OSA) ~~(OSA)~~ struggle to function and stay awake, while~~. Seton says that~~ undiagnosed OSA in children causes significant behaviour learning problems, ~~and~~ speech delays and mood problems. Kids with OSA are more likely to have difficulty following directions and~~, 5~~five times more likely to be diagnosed with ADHD. What's more, ~~he says that 95% ~~~~ninety-five per cent of children with OSA are never diagnosed.[3]

And when kids can't sleep, neither can their parents, which leaves them short on patience, unable to perform well at work, and unable to be the parents they want to be.~~, and for this reason we need a campaign to make parents aware of the warning signs. Snoring is tied to many health problems obesity OSA elevated risk heart disease. And mental health~~

~~Psychologists remind us about brain function disturbances with sleep disorders, because no matter whether a problem is mild moderate or severe, there will be some impact on how kids are able to think memorise and problem solve. Also, behavioural agitation and aggression is seen. Treatments can lead very quickly to a total transformation: personality, energy.....~~

~~Assoc Professor David Mc Intosh is a Paediatric ENT Specialist with a particular interest in airway obstruction, facial and dental development and its relationship to ENT airway problems, and middle ear disease. He also specialises in sinus and ENT for dentists. He writes: Sleep disordered Breathing (one of many diagnosable sleep disorders) can affect kids' brain, heart, blood pressure, growth, appetite, possibly their teeth and jaw development, and many other things. So every parent should review the checklist of things to watch out for, and if you find them, do not take no for an answer- insist in seeing a paediatric ENT specialist that is knowledgeable in the field of sleep disordered breathing~~

~~Dr David Mc Intosh describes common complaints parents have about children who present to their clinic, and are diagnosed with sleep disorders "parents want a solution for: kids being tired, grumpy, poor concentration, behaviour, school performance and teeth grinding"~~

~~"Parents own sleep is affected if their kids' have severe sleep disorder like sleep apnoea, or if their kids have behavioural problems delay tactics/too scared to go to bed, and that concerns them"~~

[2] Assoc Professor David Mc Intosh

[3] Dr Chris Seton

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Comment [JP5]: How much more likely? You say five times more likely to be diagnosed with ADHD, so it would be nice to quantify this one as well

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Comment [JP6]: I recommend referring to the experts in the footnotes, most of the time. That way your readers can focus on the information itself, whereas listing every expert in the text makes it feel a little like an academic lecture.

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Comment [JP7]: Too early in the book for recommendations like this – recommendations should be saved for the body of the book

Comment [JP8]: Paraphrased earlier – there's no reason for this to be a direct quote

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~~"Parents are tuning into kids' over-activity, moodiness, sleepiness and poor concentration and there is the danger of labelling them with ADHD, and then being medicated for ADHD (incorrect diagnosis)"~~

Comment [JP9]: Removed because you discuss the mis-diagnosis of ADHD alter

~~His observations about parents are that~~

~~"Most parents don't know about Sleep Problems and overall parents, are not aware of the impact of sleep disorders in their kids' day time behaviour growth and development"~~

~~"Parents are seem unaware of all other signs/everything"~~

~~"Parents are usually aware their kids are snoring but dismiss it because of common 'wives-tales"~~

~~"Parents are 'normalising' sleep deprivation because it's so common"~~

~~"Sleep's contribution to general health and well being has slipped off the public radar"~~

~~"Parents are too busy to prioritise sleep, so some children go without naps"~~

~~"Parents are juggling jobs and family, there's so much to do, kids' bedtimes are put back later".~~

~~" parents are unaware of the signs and symptoms of sleep disorders"~~

~~"The only Red Flags of sleep disorders that parents are tuned into is Apnoea, but only marginally"~~

~~"I see a lot of kids labelled with ADHD whose behavior normalizes when they sleep better".~~

~~"A lot of GPs don't know about sleep problems"~~

Comment [JP10]: All of these points are made in the next section

Why isn't anyone doing anything?

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~~When it comes to kids' sleep the first problem I see is that some~~ The problem for many parents is that, even though you might notice the symptoms of a sleep disorder like~~, but might think that~~ snoring, noisy breathing~~,~~ and night-waking, you assume that these are normal. The truth is that these symptoms are not normal. Common, yes, but nor normal.

Take snoring, for instance. According to ~~, because no one told them it's not. They are common, not normal.~~Dr Jim Papadopoulos, a paediatric sleep specialist, ~~says that "very few parents are aware of how serious snoring is". He goes on to say that "There's no doubt if your child snores it's really bad for them,~~ snoring is ~~"it's~~ like having a plug in your throat that's stopping air getting in~~"~~. ~~"~~It has effects on behaviour, learning and mood. Kids (even when they are mild mannered and doing well at day care or school), will have trouble concentrating. Studies show a drop of ~~10~~ ten points on IQ tests.~~"~~

Comment [JP11]: Could you please check that this quote is accurate? It feels a little fragmented.

Unfortunately, no one is talking about what these~~For those parents seeing symptoms and not understanding what they mean, it's difficult because no one told them what the~~ symptoms mean or the damage they might be doing~~. Even told, they may not believe, opting a little laid back approach.~~

~~a "he'll grow out of it" attitude, or even, "it's just the way she is" stance. They may even be operating under false assumptions based on myths and wives' tales. Not wanting to make a fuss, some parents assume "She'll be right mate" or "haha he's just like his father, wakes all the time" or "My grandma snores and she's just fine". None of these beliefs are based in fact. Myths can be so ingrained from child hood and here-say, they remain unchallenged. Here are some I hear regularly.~~

~~"oh he snores all the time, but just snores quietly"~~

~~"Ha ha she snores just like her dad"~~

~~"How cute, he sleeps in snail position"~~

~~"He wakes up with his head at the wrong end of the bed, haha"~~

~~"Oh yes I can hear him breathe, at least I know he's alive"~~

~~"At least if he's snoring loudly I know he's in a deep sleep"~~

~~"Most kids wet the bed, he just took a long time to grow out of it"~~

~~"He sounds like a freight train when he grinds his teeth, lucky he's at the other end of the house"~~

Comment [JP12]: Moved to chapter 2

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Or, if they ~~Secondly, parents may recognise~~ do realise it's a ~~a~~ problem, they want to find a quick fix. All of us are busy and tired, and having a sleep-wrecked kid makes it worse. It's no wonder we want to find the path of least resistance, like ~~but they're busy tired & looking for the quick fix e.g they might try to~~ fixing snoring with a pillow under the head, or playing musical beds in the middle of the night~~,~~ to help settle a child. ~~Unfortunately, these solutions do not fix the sleep problem~~

~~Some parents may recognise a problem, but they're busy tired & looking for the quick fix. For snoring they may try a pillow under the head or every night, there may be a round or 2 of musical beds in the middle of the night. Unfortunately, they don't work either. Because of acceptance co-sleeping attitudes frequently hear, about the 'musical beds' syndrome from parents. Whilst co-sleeping per se may not be a key problem, night waking or sleep disturbances for either the parent or the child IS.~~

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~~Thirdly~~If that doesn't work, the next step might be ~~, parents~~ looking for expert help. ~~, have trouble, because it's such a specialised area of medicine and many doctors and health professionals don't know how to recognize and fix it.~~ However, this help is not easy to find, with one of my clients having

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~~And for those who want information and guidance it's not easy to find. E.g. Daniel's mum~~ visited ~~23~~ *twenty-three* medical specialists ~~here~~ in Australia and the US. Disordered sleep is a very specialised area of medicine – to the point that many doctors and health professionals don't know how to recognise or fix it. Some other parents I know took their child to the doctor, reporting that he was always tired. The doctor's advice? 'Get more exercise or try to relax more.' The sleep was never addressed.

Then, when parents *do* find an expert, many offer different advice and approaches, leaving parents unsure who they should listen to and what they should do.

Unsurprisingly, m~~, told me, "Most of what I learned was because of Daniel's sleep problems, but it was hard going finding the information. I knew none of this before he was born. It was ridiculously hard piecing the clues together". M~~any parents give up ~~trying and thank fully, Daniel's mum did not give up~~. ~~Parents can put~~ S~~'s~~leep gets put ~~'~~into the 'too hard' basket. Some discover that they can't find a solution because parents are unable to agree on the way to handle it, and workable solutions are undermined. Or some settle into a kind of resigned complacency: 'W~~, w~~e tried everything and it didn't work, so I guess that's just the way it is.'

~~Some parents on the other hand are very well informed and pro-active, via a plethora of information blogs articles etc Parents may be looking for expert help, because they realize they need it. They may tried many tactics or strategies to correct sleep behaviours or may recognize the more serious signs of sleep disorders. However, they have trouble, because it's such a specialised area of medicine and many doctors don't know how to fix it. Here is an example, a parent, Jo, told me they took their child frequently to the doctor reporting their child was always tired, but the doctor said "get more exercise or try to relax more". The sleep was never addressed as an issue at all. They did blood tests and tried nutritional supplements and still no change, so then they did nothing at all. Lucky the parents kept looking and finally found a specialist who was able to help them, with their child's allergy that interfered with correct breathing patterns. They were great lifeguards.~~

~~Even 'experts' may offer different advice and approach so parents may be conflicted as to 'who is right?' and what should they actually do?.~~

~~There are no experts at every corner shop .....so it is not easy for parents to find the right help. Most basic medical training has a 2 hour lecture in a 6 year degree to address sleep disorders. It's just not on the GPs' radar. I hope this is changing.~~

~~When thinking about parent's role in their kids' sleep I can't help thinking about lifeguards. Let's take the example of health professionals, for a moment. Parents may be surprised to know that many/most health professionals are as unaware as parents about signs and symptoms of sleep disorders, and that experts in the specialized field of sleep medicine are in high demand. In presentations to health colleagues I have described health professionals' role as sentinels. They are in the prime seat, to recognize Signs and Symptoms of Sleep Disorders, be someone who watches out, gives warning, sets a plan of action in motion.~~

~~Really, the very best people to help are parents, who are in the perfect position to be a lifeguard, the central figure of a child's life, who sees their children daily, who want the very best start in life for their kids, the best chance of reaching their full potential. No one has a child's future and best interests at heart, as much as a parent. For children in long day care, their carers may also have key insights....~~

~~The metaphor of Lifeguards is powerful because it is about saving lives, watching for danger, protecting, preventing drowning. Parents are lifeguards in many areas of a child's life and there is no reason sleep to be any different.~~

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Comment [JP13]: I've moved up the example, but the rest of this content is a bit repetitive – you've already made the point that this is a specialized area.

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Comment [JP14]: Repetitive – already made this point above, though in slightly different words

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~~Let's talk about Jillian, whose mum said to me the other day "Our normal wasn't normal. We just did not know any different". It was an emotional moment and a realization that could only happen once she observed her child behaving differently. They thought her wriggle squirm and energy was 'just the way she was', the nature of the beast if you like. We were discussing how Jillian sat still in our session for the first time ever, and that literally and only in the previous week, they successfully set a new boundary around sleep behavior. For the first time in 8 years, J slept through the night for 3 nights in a row, and she was like a new child. In fact she'd never done that even once before, in 8 years.~~

~~Why is it important for parents to be lifeguards? Isn't that the teacher's job? The child care professional? The health professional? The doctor?~~

~~Well yes, the responsibility belongs to all of us, but parents are in the prime seat. They are there when kids are born, for first cry, first smile, when they wake and go to bed, get sick, have a meltdown, first step,s first words first solid foods, when they have the tantrum in the supermarket, crawl into your bed, at some ungodly hour of the night. Parents are in the perfect position to see the Signs and Symptoms of Sleep Disorders, be the lifeguards of sleep, but time and time again, even for the most well-meaning parents, I see they miss the signs and symptoms.~~

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~~I asked a Sleep Specialist how I could start exploring this in my clinic with patients. He suggested a simple probe called the SSSDistrubedRest, which I modified, with his permission, specifically for use with parents. This questionnaire is now used with every single child who comes to the clinic. The first thing I discovered using the SSSDR questionnaire was that many parents do not observe their children's sleep and if they do, they don't know what signs to look for. However, they were easily coached on what to look for when their children were sleeping. I also noticed that even though they started seeing key red flags of poor quality sleep they still felt their child was getting good quality sleep simply because they were in bed sleeping for the recommended number of hours.~~

Comment [JP15]: Moved to when you introduce the questionnaire

~~What's more, when I started talking to parents about sleep, I heard all sorts of myths and wives tales around sleep, that were interfering with their understanding of the critical role of sleep, in early brain development executive thinking skills , IQ, behavior, mood, growth, immunity and much more. And when we kept talking they said, "I wish I knew that before". "I tried methods of solving sleep, and they never worked". They had resigned themselves to sleeplessness or thought the stage of poor sleep would pass.~~

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~~To support parents being lifeguards of their kids' sleep, parents need good information and support from the time their babies are born. We can even make a strong argument to provide this information pre-conception, because the mothers' health, including the way she breathes, can have a massive impact on the way a baby develops and neural maturity at birth, readiness and ability to feed and breathe well.~~

~~Parents as lifeguards need to develop Sleep Literacy. Yes, understand what is good sleep, what is bad sleep, and the ultimate consequences of bad sleep. This means that sleep myths need to~~

dispelled. Dr Judith Owens, Harvard Sleep Specialist (check title and reference it) says, "It's a myth that some children don't need much sleep. It's true that most children can't tell you when they are tired and even if they knew they were tired, unlikely to own up. But ALL children need sleep, and the right amount. They don't adapt or adjust or develop resilience to poor sleep or sleep deprivation, they simply don't thrive, don't grow and don't learn as well."

Parenting is without a doubt one of the most challenging roles in your life. Most parents I meet will do anything to give their kids the best start in life, and don't want to get down the track, saying " I wish I'd done this, or if only I'd known that". On the days when everything is chugging along nicely, and your children are their perfect selves, parenting remains challenging. Life is busy. Even when children are 'perfect' they have good and bad days, just like parents do, and here I am asking you to do one more thing, be A LIFEGUARD OF your kids' sleep. To be a lifeguard, you need your sleep too.*Did you know,* adults that get less than 5 hours sleep perform as if legally drunk. So how are you going to care for your kids, or be the lifeguard, if you are 'sleep drunk?'

Here's my proposal for lifeguard parents

For parents seeing symptoms but not recognising them, we will talk about how to recognize if your kids are sleep wrecked.

For parents who recognize there are problems, rather than the quick fix, there are guides on how to know what to do yourself, and when to ask for help and how to solve sleep issues effectively. (Jillian……)

For parents needing expert medical solutions, you need to know who to see and where to go

Let's talk more about Daniel. I met 4 yo Daniel who had turned into a monster because of poor sleep. After 2 years of Daniel's irrational meltdowns, not just the terrible 2s, his poor parents were at breaking point, (and so was the marriage). He refused to go to bed at night, woke his parents frequently and only had 7 hours sleep. His mum said, "I can't be the nice mummy I want to be or the one he deserves, I'm too tired". She saw more than 23 medical specialists here and US, and it wasn't until a dentist recognised an airway/breathing issue, that they got progress. When I saw Daniel he had the hallmarks of sleep breathing disorder: problems with his breathing muscles, underdeveloped jaws, big dark circles under his eyes, he was a mouth breather and a snorer, one tired little puppy. *Fast forward* 6 months of treatments, Daniel was like a brand new kid: breathing & eating well, no longer snoring, no more tantrums, and he had a big growth spurt.

There are many Daniels. Parents have some challenges, because right now nearly 1 million Aussie kids under 6 and conservatively, 20% (x million world-wide), who are sleep deprived and for many its connected to the way they breathe.

For those parents seeing symptoms and not understanding what they mean, it's difficult because no one told them what the symptoms mean. Even told, they may not believe, opting a little laid back approach, a "he'll grow out of it" attitude, or even, "it's just the way she is" stance. They may even be operating under false assumptions based on myths and wives' tales. Not wanting to make a fuss, some parents assume "She'll be right mate" or "haha he's just like his father, wakes all the time" or

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Comment [JP16]: Not sure if fits – do we want them to read the whole book, or to jump to a certain chapter?

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Comment [JP17]: How much should he be getting? This doesn't sound that bad

Comment [JP18]: I've moved Daniel's entire story together, as it was hard to keep track of what you'd already covered and what was new when you split it up

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~~"My grandma snores and she's just fine". None of these beliefs are based in fact. Myths can be so ingrained from child hood and here-say, they remain unchallenged. Here are some I hear regularly.~~

~~"oh he snores all the time, but just snores quietly"~~

~~"Ha ha she snores just like her dad"~~

~~"How cute, he sleeps in snail position"~~

~~"He wakes up with his head at the wrong end of the bed, haha"~~

~~"Oh yes I can hear him breathe, at least I know he's alive"~~

~~"At least if he's snoring loudly I know he's in a deep sleep"~~

~~"Most kids wet the bed, he just took a long time to grow out of it"~~

~~"He sounds like a freight train when he grinds his teeth, lucky he's at the other end of the house"~~

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~~Some parents may recognise a problem, but they're busy tired & looking for the quick fix. For snoring they may try a pillow under the head or every night, there may be a round or 2 of musical beds in the middle of the night. Unfortunately, they don't work either. Because of acceptance co-sleeping attitudes frequently hear, about the 'musical beds' syndrome from parents. Whilst co-sleeping per se may not be a key problem, night waking or sleep disturbances for either the parent or the child IS.~~

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~~Some parents on the other hand are very well informed and pro-active, via a plethora of information blogs articles etc Parents may be looking for expert help, because they realize they need it. They may tried many tactics or strategies to correct sleep behaviours or may recognize the more serious signs of sleep disorders. However, they have trouble, because it's such a specialised area of medicine and many doctors don't know how to fix it. Here is an example, a parent, Jo, told me they took their child frequently to the doctor reporting their child was always tired, but the doctor said "get more exercise or try to relax more". The sleep was never addressed as an issue at all. They did blood tests and tried nutritional supplements and still no change, so then they did nothing at all. Lucky the parents kept looking and finally found a specialist who was able to help them, with their child's allergy that interfered with correct breathing patterns. They were great lifeguards.~~

~~Even 'experts' may offer different advice and approach so parents may be conflicted as to 'who is right?' and what should they actually do?.~~

~~There are no experts at every corner shop .....so it is not easy for parents to find the right help. Most basic medical training has a 2 hour lecture in a 6 year degree to address sleep disorders. It's just not on the GPs' radar. I hope this is changing.~~

Comment [JP19]: You made these three points (not realizing it's a problem, looking for a quick fix, and not knowing who can help) earlier in the chapter, so I've moved this content up to keep everything together.

It doesn't have to be this way...

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~~Now p~~Parents need to understand the gravity of sleep issues in young kids, as well as~~why and~~ how ~~to~~ they can solve ~~sleep issues~~them.~~, how parents can be lifeguards for their kids and why parents need their sleep too.~~ Sleep problems are ~~common~~serious, with~~,~~ the consequences reaching ~~way~~ far beyond the frustration ~~it~~ they cause~~s~~ for the family.

When kids don't get the rest they need~~bed time shenanigans settle into a firm habit,~~ night after night with no apparent solution, ~~kids don't get enough sleep, or don't get the right quality sleep it affects every aspect of their function:~~their health, growth, mood, IQ, development and more are all affected. Simply,~~.....~~ sleep-wrecked kids can ~~simply~~ never be at their best , and neither can their parents.

What can you do?

In this book, I want to encourage you to become the lifeguard of your kids' sleep. Lifeguards save lives, watch for danger, protect and prevent swimmers from drowning. Parents do the same thing – keeping their children protected, nourished and cared for in all areas of their lives. There is no reason sleep to be any different.

As a parent, you are in the perfect position to be a lifeguard in your kids' lives – from birth until now, you've seen them everyday and have always been the first one to notice any little change. This means you are perfectly positioned to identify the signs and symptoms of sleep disorders.

However, in order to be that lifeguard, you need good information and support from the time your kids are born. (Though, if your children are older, don't panic – it's never too late to start!)

Comment [JP20]: Added because I imagine most of your readers won't have newborns – they'll have young children who are struggling with disordered sleep. Because of this, we don't want them to feel like it's a lost cause just because their kids are older.

In this book, I'm going to take you behind the scenes of your children's sleep, so you understand why sleep is so important, and are left with some practical tools to help your kids get a good night's rest. In the coming chapters, you'll discover:

The importance of sleep

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We'll start by sharing why good sleep is so important, and how bad sleep affects your kids' behaviour, physical health and mental aptitude. We'll also touch on the long-term effects of sleep deprivation, as it acts like a slow disease that builds over time, as well as covering the issue of sleep deprivation for kids with special needs.

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Understanding disordered sleep

To be the best lifeguard you can be, you need to develop sleep literacy – an understanding of what constitutes good sleep and what constitutes bad sleep, along with dispelling common sleep myths. This chapter will share how good sleep works and how this is disrupted by disordered sleep, along with the common causes of disordered sleep.

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Making the diagnosis

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What I notice day after day in my clinic~~,~~ is that many parents understand that sleep is important, but they seem unaware of the key signs that show that their kids are not getting the right sleep formula. What's more, they believe their kids are getting good quality sleep, even when the symptoms of poor sleep quality are in their face.

In this chapter you'll learn how to identify the red flags that indicate your children are sleep deprived, so you know whether further action is necessary.

What you can do to help your kids sleep

If your kids *are* struggling with disordered sleep, the good news is that there is a lot that can be done, and it starts with changes you can make to their physical environment, emotional environment and routine throughout the day and night. It's also essential to make sure that *you* are getting the sleep you need, as this will fuel you to be the best lifeguard you can be.

How myofunctional therapy can help

When changes to your kids' routine and environment don't solve the problem, it's time to look deeper. Many sleep disorders are related to issues of the airway and facial muscles, often because they haven't been used properly (and, consequently, haven't developed properly) from birth.

In this chapter you'll discover the essential, early life activities that need to take place to ensure these muscles develop properly, and how myofunctional therapy might be able to help if they aren't working as they should.

When to bring in a specialist

If your child has a diagnosed sleep disorder, or changes to their environment and routine aren't working, it's time to bring in the experts. There are a range of trained professionals who can assist with sleep disorders, including speech pathologists, occupational therapists, osteopaths, dentists and orthodontists, your GP and more. In this chapter I'll outline who can help, how they can help, and how to find the right team members to help your kids get the sleep they need.

The key is getting the right information, which will allow you to build your sleep literacy, and empower you to be a lifeguard of your kids' sleep.

~~When parents start learning, magic happens. Not long ago I was helping a little person (age 4) to stop thumb sucking. During our intake process, mum was alerted to the possibility that a younger sibling had obstructive sleep apnoea. After our sessions, mum sent the email (below).~~

~~On 12 Feb 2016, at 5:19 pm,~~

~~sleepdeprivedmum@bigpond.com.au~~

~~Dear NAME~~

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Comment [JP21]: Note that this is a recommended new chapter (see the editing notes document and notes later in this document), so you'll need to add this to the book.

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~~Nice to meet you. We have an appointment with ENT referral letter below but not until May. As discussed Sleepy Sausage breaths through her mouth constantly. She tosses and turns all night long and frequently wakes and needs us. She seems to have a kind of sleep apnea where she stops breathing and then snorts herself awake. I know this from sleeping next to her.~~

~~She is such a restless sleeper that when I work late in my office which shares a wall with her room I hear her bang into the wall around 3 times an hour as she tosses and turns so much. Although she sleeps in her own bed she does appear to wake fearful so one of us will sleep in her bed with her. We take this in turn because she rolls, snores, kicks so much that we hardly get any sleep when lying next to her.~~

~~Additionally she is a twin and we have successfully night time toilet trained her sister but every second night or more will wet her bed but won't wake for hours after the wetting. She is so sad when this happens that we have reverted to night time nappies but this also causes her distress despite our reassurances that she is loved and still our big girl.~~

~~She speaks so nasally that most people cannot understand what she says. She was slow to speak compared to her twin who still does a lot of the talking for her.~~

~~She is a loving and beautiful kid who just wants to please everyone. This sleep/breathing problem also seems to affect her ability to concentrate. Maybe she is just constantly tired?~~

~~We have tried nasal cleaning and nasal sprays to no avail. There is constant drool on her pillow case which we change a couple of times a week.~~

Comment [JP22]: I'm not sure what point you're trying to make with this letter – I expected it to be a success story, due to the introduction before it, but all it does is describe the problem. I'll see if it will fit better somewhere else.

~~An earlier appointment with the ENT Dr would be greatly appreciated. We need our sleep! And Sleepy Sausage needs to be understood and able to rest.~~

~~Regards~~

~~Sleep deprived mum looking for help~~

~~We were able to fast track the ENT intervention, due to severity of symptoms. This mum was being the perfect lifeguard.~~

~~Dr P goes on to explain that~~ This is when the magic happens. T~~t~~reating sleep-wrecked ~~the children~~ kids and educating the parents~~,~~ can save marriages. Because when sleep improves so do a lot of other things, especially p~~o~~arents' well-being. ~~Children are not little adults.~~

~~Ideas/exercises actionable steps~~

~~Start thinking about sleep as a priority~~

~~Observe your child sleeping, cruise past briefly each night or morning while they are asleep, watch and listen.~~

~~Think about whether your child is getting enough sleep and the right kind of sleep~~

~~Start the conversation with other parents, what are their thoughts about sleep?~~

~~Ask carers and others who know your child well, get feedback from trusted others, about your child's sleep~~

~~Conclusion~~

~~Parents can be lifeguards of kids' sleep~~

~~Be lifeguards for your kids, because they can't do it themselves~~

~~Remember you need your sleep too.~~

~~Kids can't 'get used' to having less sleep~~

~~Sleep 'debt' cannot be recovered~~

~~Keep sleep on your radar~~

~~If you are not already, start checking your children's sleep~~

~~If you are looking for expert help and you don't find the right person, keep looking~~

~~Do a sleep health check at least once a week, even for kids who are 'getting it right'~~

~~If your kids aren't getting the right sleep formula, you need to get onto it asap to avoid habits developing~~

~~Sleep Disorders are treatable and preventable~~

~~To be lifeguards parents need their sleep too~~

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Comment [JP23]: Can you expand this with some of the other benefits readers can expect once they address their children's sleep issues? Yes, saving a marriage is a powerful benefit, but what about how the kids will improve?
This might include:
- Behavioural benefits – how to well-slept kids behave?
- Health benefits
- Growth and development benefits
- IQ, learning and memory benefits

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Comment [JP24]: These points are so high level that they aren't very helpful. For instance, when you tell your readers to think about whether their child is getting enough sleep and the right kind, how can they reflect on that when you haven't even told them how much sleep their kids should be getting, or what the right kind of sleep is?

Comment [JP25]: Deleted because this conclusion is no longer relevant with the new chapter structure.

~~CHAPTER 2~~

~~The Gruesome Truth~~

~~Chapter Introduction~~

~~There has been a call from Sleep Specialists for parents to have a better understanding of sleep disorders, Everyone suffers, kids and their families and the ripple effect of untreated sleep disorders can last a lifetime. If parents are lifeguards, it will help them to learn the gruesome facts, to better understand why they need to be vigilant, and proactive. They will notice signs and symptoms that are right in front of their face. Early recognition, means early treatment is possible, the earlier the better.~~

Who am I?

As a parent I know how distressing it is when children are out of sorts and you feel helpless to fix it. There's

~~I help parents recognise and fix kids' sleep problems. As a mum, I know there's~~ nothing like lack of sleep or interrupted sleep to bring out the worst in kids (and their parents). On the flip side, when good sleep is the norm, kids can grow and thrive.

I'm the founder of a speech pathology and orofacial myofunctional therapy practice in Canberra~~EN.~~

I've been working ~~for 37 years~~ as a speech pathologist for over thirty-seven years and have~~, &~~ conducted over 39,000 clinical consultations. I help parents recognise and fix kids' sleep problems, and ~~.~~I've seen first~~-~~hand how sleep problems interfere with kids' health and growth~~,~~ and family happiness.

~~Why write "SLEEP WRECKED KIDS"? I was inspired by the global call from Sleep Specialists, who want parents to have a better understanding of the consequences of poor sleep.~~ As research in sleep medicine proliferates, so does our understanding of poor sleep and it's many consequences. More than one million Aussie kids under the age of six are sleep deprived and, because disordered sleep is often related to the way they breathe, ~~,~~ many are also oxygen deprived ~~and its connected to the way they breathe~~. Sadly, ~~M~~most of them are misdiagnosed or the problem is missed altogether.

It's way more than just feeling foggy the next day. As a speech pathologist, ~~once~~ I ~~realized~~ quickly discovered how sleep impacts communication, learning, focus and behaviour. Sleep-wrecked kids are poorly behaved, unhappy and not alert, often misdiagnosed with ADHD. There's clear science to show that poor sleep and lack of oxygen to the brain can lead to stunted growth, poor brain function and immunity. These kids start school behind their peers and it's really hard for them to catch up, causing ripple effects that last a lifetime. ~~, and~~ I began to wonder~~I wondered~~ how any therapy~~, any learning~~ could be effective~~,~~ unless kids ~~a~~were properly rested.

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Comment [JP26]: Can I just say, wow!

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~~I was also inspired that, for sleep breathing disorders we have a key skills and a key role to play, in helping kids improve their airway so they can breathe and sleep better.~~

~~When it comes to sleep, parents have major challenges, because more than 1 million Aussie kids under 6 are sleep deprived, many are oxygen deprived and its connected to the way they breathe. Most of them are misdiagnosed or the problem is MISSED altogether.~~

~~((((delete form here?1. First problem is that some parents notice symptoms, but might think that snoring, noisy breathing, and night-waking are normal, because no one told them it's not.~~

~~2. Parents may recognise a problem, but they're busy tired & looking for the quick fix, like a pillow under the head or musical beds in the middle of the night. Unfortunately, they don't work.~~

~~3. Parents looking for expert help, have trouble, because it's such a specialised area of medicine and many doctors don't know how to fix it.))))))~~

~~The worst things is when kids don't sleep they are poorly behaved, unhappy & not alert. They can be mis-diagnosed with ADHD and kids with serious disorder sleep apnoea can be missed completely. There's clear science to show that poor sleep and lack of oxygen to the brain can lead to stunted growth, poor brain function and immunity. Just what parents don't want. These kids start school behind their peers and it's really hard for them to catch up. Research proves that the ripple effects can last a life-time.~~

~~We need solutions early, the earlier the better before kids start school, to avoid unnecessary health & learning disasters.~~

I wrote *Sleep-Wrecked Kids* to help parents better understand the consequences of poor sleep, as well as to give them some strategies to improve their kids sleep.

My mission is

~~T~~to spread the word amongst parents~~. My mission is to spread the word~~, so that every parent has this health topic on their radar, and every kid ~~have~~ has the best chance of getting a good night's sleep every night. By doing this, ~~perhaps~~ our collective efforts can raise global IQ, happiness and health.

I believe that parents deserve to have the latest knowledge at their fingertips, for treatable health issues. Kids deserve to grow well, be happy ~~&~~and reach their full potential. Everyone deserves a good night's sleep. ~~In the vein of Adam Mansbach, "…no you're not thirsty, you don't need one more drink, your bed is waiting, now get the * to sleep" No. 1 NY best sellers list, now sold x million copies, and there's a good reason for that. Adam's best seller speaks to WHAT the problem is. Sleep Wrecked Kids is here to tell you WHY and HOW to solve the problems.~~*Sleep-Wrecked Kids* will help make this happen – for you, and your kids.

~~Here is the first step: "Sleep Wrecked Kids (and Parents)".~~

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Comment [JP30]: Repetitive – you mentioned Adam earlier

Next steps

Here's my proposal for lifeguard parents

For parents seeing symptoms but not recognising them, we will talk about how to recognize if your kids are sleep wrecked.

For parents who recognize there are problems, rather than the quick fix, there are guides on how to know what to do yourself, and when to ask for help and how to solve sleep issues effectively. (Jillian……)

For parents needing expert medical solutions, you need to know who to see and where to go

Chapter Body

SUBTOPIC WHAT SLEEP SPECIALISTS ARE SAYING

Dr Jim Papadopoulos, Paediatric Sleep Specialist, says that "very few parents are aware of how serious snoring is". He goes on to say that "There's no doubt if your child snores it's really bad for them, it's like having a plug in your throat that's stopping air getting in". "It has effects on behaviour learning and mood. Kids (even when they are mild mannered and doing well at day care or school), will have trouble concentrating. Studies show a drop of 10 points on IQ tests."

Dr P goes on to explain that treating the children and educating the parents, can save marriages. Because when sleep improves so do a lot of other things, especially parents well being. Children are not little adults.

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Comment [JP31]: Not sure if fits – do we want them to read the whole book, or to jump to a certain chapter?

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