



TOOL 7.2: Factors that may Influence the Child/Adolescent's Sleep/Wake Cycle

Examples of factors and considerations

Medical Conditions	<ul style="list-style-type: none">• Endocrine dysfunction• Metabolic• Obesity• Enlarged tonsils• Obstruction• Sleep-related breathing disorders (possibly sleep apnea)• Early morning headaches
Current Medication Use	<p>Verify if prescribed or non-prescribed medications that are being taken have an impact on sleep and screen for stimulants. Factors to consider:</p> <ul style="list-style-type: none">• Type of medication (adequate/inadequate type)• Dosage• Timing of administration
Comorbid Psychopathology	<ul style="list-style-type: none">• Mood and anxiety disorders (Domain 8: Mental health considerations)• Post-traumatic stress disorder (PTSD)• Query nightmares and/or night terrors
Unhealthy Habits	<ul style="list-style-type: none">• Lack of exercise• Variable sleep-wake schedule• Excessive napping• Excessive time spent in bed• Exercising close to bedtime• Screen time (hours per day)• Use of nicotine, caffeine, and/or energy drinks• Diet: Consumption of processed foods, processed sugars, alcohol, and/or drugs

Adapted from Guidelines for Concussion/Mild Traumatic Brain Injury and Persistent Symptoms, Third Edition