



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

### Examples of factors and considerations

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

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