

Problems in school?

Sleep problems can affect
school performance

HCA Center
of Excellence/
Preferred
Provider

Children's sleep disorders can cause difficulties with health, school, behavior, physical development and social interactions. According to recent studies, sleep problems occur in 25% to 30% of infants and children. Symptoms include:

- Bedtime refusal
- Insomnia
- Sleepwalking, difficulty falling or remaining asleep
- Excessive daytime sleepiness, irritability
- Bedwetting
- Mood, behavior or school-performance problems

At the Sleep Wellness Center, we can help!



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