



## **Health Advisory: Insomnia in Children**

Behavioral interventions should be the first treatment option for healthy children who struggle with bedtime resistance or nighttime awakenings. For those who fail to respond, or for children with more complex medical problems, evaluation by a sleep physician is recommended.

*Adopted by the AASM Board of Directors: Feb. 17, 2014*

The American Academy of Sleep Medicine (AASM) is a professional membership society that improves sleep health and promotes high quality, patient-centered care through advocacy, education, strategic research, and practice standards ([aasm.org](http://aasm.org)).

A searchable directory of AASM-accredited member sleep centers is available at [sleepeducation.org](http://sleepeducation.org).