Today’s piece was prepared by Jennifer Savitz, MD, based on a NY Times article [Bedtime was hard enough. Then came quarantine.](https://www.nytimes.com/2020/04/14/parenting/coronavirus-kids-sleep.html)

This article, written by a pediatric sleep medicine physician, reviews several behavioral sleep concerns reported by families all over the country in the setting of the COVID-19 pandemic. Due to long waitlists for his sleep clinic, Dr. Canapari asked families to share their experiences on social media and received hundreds of responses. A common concern is children shifting their sleep schedules later while staying home from school, which can infringe on time that stressed parents would normally use to decompress. He also addresses return of nighttime awakenings and refusal to nap while routines are disrupted. He reviews strategies that he universally recommends, including enforcing a regular bedtime, dedicated playtime and exercise during the day, and cessation of screen time at least 30-60 minutes before bed, as well as approaches that have been successful for individual families, from no longer discussing coronavirus in front of the kids to allowing increased screen time and bed sharing just to survive.

This article is one of several timely pieces addressing common behavioral concerns that are surfacing for many families with loss of normal routines during this pandemic. He includes some primary research to support the importance of a regular bedtime ([a longitudinal study by Kelly et al.](https://jech.bmj.com/content/67/11/926) showing an association between lack of a regular bedtime and lower cognitive scores) and avoiding screen time before bed ([a literature review by Hale et al.](https://www.sciencedirect.com/science/article/abs/pii/S1087079214000811?via%3Dihub) on adverse impacts of screen time on sleep). Aside from the compelling primary resources, his advice includes several positive parenting techniques, from dedicated time for each child to explicitly acknowledging the stress or sense of loss that children may be feeling. I appreciate that he included a variety of approaches, including being flexible with recommendations, which will hopefully help normalize the common behavioral challenges that families are experiencing during this time.

**RESOURCES ON SLEEP:**

[HealthyChildren](https://www.healthychildren.org/English/healthy-living/sleep/Pages/default.aspx) *American Academy of Pediatrics*

[Sleep Foundation](https://www.sleepfoundation.org/) *Many articles on sleep for both children and adults, including:*

* [guidelines for sleep during COVID-19](https://www.sleepfoundation.org/sleep-guidelines-covid-19-isolation)

And that’s today’s Developmental and Behavioral Pediatrics: IN THE NEWS!