



ARE YOUR KIDS TIRED?

3 WAYS TO HELP CHILDREN GET A BETTER NIGHT'S REST SO THEY CAN HAVE A BETTER SCHOOL YEAR, FROM A JOHNS HOPKINS PEDIATRIC SLEEP EXPERT

DID YOU KNOW?

TRYING TO "CATCH UP" ON LOST SLEEP OVER THE WEEKEND ONLY MAKES MONDAY MORNINGS THAT MUCH HARDER. TO RESIST THE URGE, TRY SCHEDULING WEEKEND A.M. ACTIVITIES.

THE SECRET TO success at school? Sleep! "A full night's sleep affects every aspect of a child's physical and mental health, which in turn impacts school performance," says pediatric pulmonologist **Cecilia Melendres, M.D.**, of the Johns Hopkins Children's Center's Pediatric Sleep Center. But most school-age children and teens are not getting the recommended eight to 11 hours of sleep they need, according to the National Sleep Foundation.

Sleep-deprived kids are at a higher risk for behavior problems, and their grades may suffer. Melendres knows it's not practical to put older kids to bed at 8 p.m., but she does have solid advice for setting healthy sleep habits.

● **Get the kids on board.** "Middle and high schoolers need to buy into the plan that sleep is important," says Melendres. She suggests having age-appropriate discussions about how lack of sleep affects them personally.

"Engage with them individually. Some kids will respond to logic; others might need a carrot-and-stick approach."

● **Set a sleep schedule.** It's not too late to wean kids off late summer bedtimes and rise times. Just do it gradually by 15 to 30 minutes each day so the body can adjust more naturally.

● **Create a relaxing routine.** "The two hours before bedtime should be conducive to sleep," she says. A few ways to help: Consider trimming evening athletics so kids aren't rushing home from practice and going right to bed—vigorous activity late in the day keeps the body in wake mode. Have homework done early so computers can be turned off at least an hour before bed—the blue light interferes with the body's sleep cycle. Aim to have an early dinner (without caffeinated drinks), since eating too close to bedtime can make it difficult to doze off. Also, impose a cellphone curfew.

AN APP FOR BETTER CARE

Let's face it: Health care visits are often stressful experiences. Patients are eager for information but often anxious about the process. Enter Doctella, a new app that's improving the communication flow between patients and their health care team.

Based on Johns Hopkins' pioneering use of safety checklists, Doctella (free on iTunes and Google Play) helps people prepare for doctor visits by providing a series of customized to-do lists and questions to ask before, during and after a medical procedure.

Here's a look at ways you can put Doctella to work for you:

- Consolidate key medical information in the Patient Passport.
- Prepare for doctor visits and/or hospital stays by choosing questions specific to your condition or procedure.
- Receive alerts before and after procedures.
- Use the video tool to share personal concerns with your health care team.
- Access common questions with answers prepared by your doctor.
- A direct link to MyChart is coming soon so you can navigate easily between both.



SAVE THE DATE

A WOMAN'S JOURNEY The biggest day for women's health is Nov. 5. Don't miss Johns Hopkins Medicine's highly acclaimed annual women's health conference at the Hilton Baltimore Hotel. For more information, visit hopkinsmedicine.org/awomansjourney