



How Hormones Impact a Child's Sleep

Results

CHILDREN WHO ARE OVERTIRED HAVE:

Trouble Settling Short Naps Lots of Tears Broken Sleep

Missed Awake Window

When a child misses an awake window, it causes too much adenosine, triggering stimulant hormones, as the body "thinks" that you are trying to stay awake. This leads to an imbalance of hormones impacting all aspects of sleep.

Ideal Awake Window by Age

Adenosine levels rise upon waking

Adenosine falls when sleeping

Melatonin rises as the sun sets

Cortisol Levels Rise Between 4 & 6 am

Adenosine levels rise upon waking

