



Reasons why parents should evaluate their child's sleep

Good sleep ...

- Helps your child do well in school.
- Helps to improve your child's behavior and regulate emotions.
- Helps to keep your child's weight under control.
- Helps to keep your child's chronic illnesses under control.
- Promotes your child's growth and development.
- Boosts your child's immune system — fewer days absent from school and work.
- Is essential for your child's health and mental well-being.

Poor sleep ...

- May look like ADHD or other behavior problems in children.
- May cause disruptive behavior in children, affecting the entire family.
- Can make illnesses such as headaches, diabetes and asthma more difficult to control.



To learn more, or request an appointment, please scan the QR code or call **850-416-1110**.

Studer Family 
Children's Hospital
Ascension Sacred Heart 