



Addressing Circadian Rhythm Sleep Disorders in Children and Teens

Lisa Graham*

Department of Paediatrics, University of California, Berkeley, California, United States of America

*Corresponding Author: Lisa Graham, Department of Paediatrics, University of California, Berkeley, California, United States of America; Email: lis18@yahoo.com

Received date: 25 November, 2024, Manuscript No. JSDTC-24-155830;

Editor assigned date: 27 November, 2024, PreQC No. JSDTC-24-155830 (PQ);

Reviewed date: 11 December, 2024, QC No. JSDTC-24-155830;

Revised date: 17 December, 2024, Manuscript No. JSDTC-24-155830 (R);

Published date: 24 December, 2024, DOI: 10.4172/2325-9639.1000170.

Description

Circadian Rhythm Sleep Disorders (CRSDs) are disruptions in the natural sleep-wake cycle, which can significantly affect sleep quality, mood and overall health. These disorders are particularly prevalent among children and teenagers, as they undergo significant changes in their biological clocks during developmental stages. CRSDs, such as Delayed Sleep Phase Disorder (DSPD) and irregular sleep-wake rhythm disorder can be challenging for parents, caregivers and educators. However, with the right interventions and understanding, these sleep disorders can be addressed effectively, improving the quality of life for children and teens.

Circadian rhythms are the natural 24-hour cycles that regulate various biological processes, including the sleep-wake cycle, body temperature and hormone production. These rhythms are controlled by the brain's hypothalamus, specifically the suprachiasmatic nucleus, which responds to environmental cues like light and darkness. For children and adolescents, these rhythms shift as they mature, with teens often experiencing a natural preference for later bedtimes and wake-up times. However, when these rhythms are disrupted beyond normal developmental changes, it can lead to significant sleep problems.

One of the most common CRSDs among teens is Delayed Sleep Phase Disorder (DSPD), in which the individual has difficulty falling

asleep until the late night or early morning hours and struggles to wake up on time for school or activities. In children, irregular sleep-wake rhythm disorder may manifest as inconsistent sleep patterns, where they struggle to maintain a regular sleep schedule. Both conditions lead to chronic sleep deprivation, resulting in daytime sleepiness, mood disturbances, cognitive impairment and difficulties in academic performance. Promoting healthy sleep habits and creating an environment conducive to good sleep hygiene is necessary.

A variety of factors contribute to the development of CRSDs in children and teens. Biological changes, particularly during puberty, play a significant role. The natural shift in circadian rhythms causes many adolescents to feel more alert late at night and have difficulty waking up early in the morning. Additionally, environmental factors, such as exposure to artificial light from screens (phones, computers, televisions) can suppress melatonin production, further delaying sleep onset. Other contributing factors include academic pressures, social activities and inconsistent sleep schedules, which can all disrupt the natural circadian rhythm.

Bright light exposure is exposure to bright natural light in the morning, particularly soon after waking, helps synchronize the circadian rhythm. Parents should encourage outdoor activities in the morning and limit exposure to bright artificial light in the evening. For teens with DSPD, light therapy in the morning can be used to shift the sleep-wake cycle earlier. Melatonin Supplements: In some cases, melatonin supplements can be used to help children and teens fall asleep at the appropriate time. Sleep is important at all life stages, but adolescents are often under immense pressure to perform socially, physically and academically and these are all areas where being well slept can make a positive difference.

Circadian rhythm sleep disorders in children and teens can have significant impacts on physical health, emotional well-being and academic performance. However, with a combination of behavioral changes, environmental adjustments and when necessary, medical interventions, CRSDs can be managed effectively. By promoting good sleep hygiene, encouraging light exposure and addressing screen time, parents and caregivers can help children and adolescents regain a healthy sleep-wake rhythm. With the right support and resources, these sleep disorders can be overcome, ensuring that children and teens get the restful sleep they need to thrive, gradual adjustments to the sleep schedule can help reset their circadian rhythms over time.

Citation: Graham L (2024) Addressing Circadian Rhythm Sleep Disorders in Children and Teens. *J Sleep Disor Treat Care* 13:2.