

Table 24-1.

<b>Sleep Distribution From Premature Infant to Adolescent</b>		
<b>Age</b>	<b>Sleep Characteristic</b>	<b>Common Sleep Disorders</b>
Premature infant	<ul style="list-style-type: none"> <li>• At 24 to 26 weeks, there is no clearly definable sleep states present</li> <li>• Active sleep present 28 to 30 weeks and constitutes most of sleep</li> <li>• At same conceptual age, premature and full-term infants have similar EEG pattern</li> <li>• Premature infant has sleep spindles sooner than full-term infant</li> </ul>	<ul style="list-style-type: none"> <li>• Irregular sleep patterns</li> </ul>
Neonate (0 to 2 months)	<ul style="list-style-type: none"> <li>• Sleeps 12 to 18 hours per day</li> <li>• No clear day/night sleep pattern</li> <li>• Breast-fed infants sleep 2 to 3 hours at a time; bottle-fed infants sleep 3 to 5 hours at a time</li> <li>• Frequent awakenings</li> </ul>	<ul style="list-style-type: none"> <li>• Irregular sleep pattern</li> <li>• Day/night reversal</li> </ul>
Infant (3 to 11 months)	<ul style="list-style-type: none"> <li>• Sleeps 14 to 15 hours per day</li> <li>• Progressive increase in night sleep</li> <li>• Quiet sleep becomes dominant</li> <li>• Increased use of transition objects (pacifier)</li> <li>• Most infants sleep through the night by 6 to 9 months except for brief arousals</li> <li>• May develop separation anxiety at this time</li> </ul>	<ul style="list-style-type: none"> <li>• Difficulty with sleep onset</li> <li>• Bedtime resistance</li> <li>• Sleep-onset association disorder</li> <li>• Rhythmic movement disorder</li> <li>• Problematic night awakenings</li> </ul>
Toddler (1 to 3 years)	<ul style="list-style-type: none"> <li>• Sleeps 12 to 14 hours/day</li> <li>• Progressive decrease in duration of nighttime sleep and frequency of daytime napping</li> <li>• One nap per day by 18 months</li> <li>• Increasing mobility and independence</li> </ul>	<ul style="list-style-type: none"> <li>• Difficulty with sleep onset</li> <li>• Bedtime resistance</li> <li>• Sleep-onset association disorder</li> <li>• Rhythmic movement disorder</li> <li>• Problematic night awakenings</li> </ul>
Preschool (3 to 5 years)	<ul style="list-style-type: none"> <li>• Sleeps 11 to 13 hours per 24-hour period</li> <li>• Most children stop napping between 3 and 5 years</li> <li>• Gradual decrease in percentage of REM sleep</li> </ul>	<ul style="list-style-type: none"> <li>• OSA</li> <li>• Bedtime resistance</li> <li>• Limit-setting sleep disorder</li> <li>• Sleep-onset association disorder</li> <li>• Rhythmic movement disorder</li> <li>• Problematic night awakenings</li> <li>• Nighttime fears/nightmares</li> </ul>
Preadolescent (5 to 14 years)	<ul style="list-style-type: none"> <li>• Sleeps 10 to 11 hours per 24-hour period</li> </ul>	<ul style="list-style-type: none"> <li>• Snoring</li> <li>• OSA</li> <li>• Disorders of arousal</li> <li>• Insufficient sleep syndrome</li> <li>• Inadequate sleep hygiene</li> <li>• Bruxism</li> </ul>

(continued)