

<Parent Name>
<Address>
<City>, PA <zipcode>



Dear <Parent Name>,

Your child, <insert child's first and last name> completed sleep screening surveys through the Wake Up and Learn Program. This program has been developed to allow for school-based screening for sleep disorders. Unrecognized sleep disorders can contribute to a variety of problems, including poor school performance, moodiness and irritability, poor judgment/risk-taking behavior and negative effects on sports performance and recovery from injury.

Our partnership with your school district has allowed us to review child's responses and we have identified the following:

Features suggestive of abnormal behaviors in sleep or a parasomnia disorder.

Parasomnias are the result of transitions between sleep and wake. They can include symptoms of sleep terrors, confusional arousals, sleep talking, sleep walking and sleep eating.

Recommendations for abnormal behaviors in sleep or a parasomnia disorder.

Please discuss this with your child's doctor. Your child's doctor may recommend meeting with a sleep medicine specialist or sleep psychologist. The following are recommendations to consider to improve the frequency and severity of events.

1. Do not wake your child during the parasomnia episodes, as it can prolong or worsen the event.
2. Waking up at scheduled times may be appropriate for predictable, chronic and severe parasomnias.
3. Maintaining a regular sleep schedule 7 days a week can improve frequency of episodes.

Safety measures are critical to avoid injury during the parasomnia event.

Safety recommendations should include the following steps, as needed:

- Clearing the bedroom of obstructions
- Securing doors and windows
- Placing your child's mattress on the floor
- If your child sleeps on the upper levels of the home consider having them sleep on the first floor of the home to avoid falling down stairs.
- Consider installing locks and/or alarms on windows and doors
- Consider covering windows with heavy curtains to limit light causing awakenings.

Please be aware that sometimes a sleep study is ordered if there is a concern of other sleep issues that maybe contributing to more frequent arousals that can cause more frequent parasomnia events. However, a sleep study is not necessary for the diagnosis of a parasomnia.

Based on your responses on the permission form, we will share a copy of this letter with your child's doctor/the school.

If you have any questions, please reach out to wakeupandlearn@geisinger.edu or talk to your School Counselor.

Thank you!

Dr. Anne Marie Morse and the Wake Up and Learn Team

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Director, Division of Pediatric Sleep Medicine
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