

SIGNS OF SLEEP DEPRIVATION

Sleep deprivation does not always appear as you think it might. Below are some common signs of sleep deprivation in children. Refer to 'the Sleep Needs' information to see if your child is getting the right amount of sleep for them.

- Problems waking in the morning
- Hyperactivity
- Challenging behaviour
- Difficulty concentrating
- Day time sleepiness
- Irritability
- Increased stress
- Forgetfulness
- Difficulties with learning – poor concentration
- Decreased motivation
- Challenging daytime behaviour