

Medical issues to discuss with your pediatrician:

In general, medical issues are not the main causes of sleep problems in children. However, I strongly recommend you meet with your pediatrician prior to sleep training especially if:

- Your child has any developmental or growth problems
- Your child falls asleep on his or her own without difficulty but still wakes up frequently.
- Your child has any of the symptoms described below:

If your child has this problem:	Ask your pediatrician if he or she could have this condition:
Snoring, gasping, mouth breathing, gagging	Obstructive sleep apnea
Coughing or wheezing at night, colds that won't go away	Asthma, acid reflux
Irritability, frequent throwing up, belly pain	Acid reflux Food Allergy Milk Sensitivity Constipation
Frequent complaints about leg pain	Restless leg syndrome

If your child has this problem:

Ask your pediatrician if he or she could have this condition:

Itchy, dry skin

Eczema