

## **Biennial National Conference of the Israeli society for Child Development and Rehabilitation**

Jan 9-10, 2019

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### **Key Note Presentation:**

#### **Title**

Better Nights, Better Days: Helping children with Neurodevelopmental disorders (NDD) to get a better night's sleep

#### **Abstract**

Children with neurodevelopmental disorders (NDDs) are at high risk for sleep problems, especially insomnia. Across all diagnostic groups in children with NDDs, the most common sleep problems reported include bedtime resistance, night waking, early morning waking and co-sleeping. Poor sleep has significant daytime consequences for children in the areas of; memory, attention, learning, and emotional regulation. This presentation will provide an evidence-based approach to the evaluation and treatment of insomnia, including both behavioural and pharmacologic strategies. A novel e-health intervention that includes a trans-diagnostic approach to insomnia (called Better Nights Better Days) will be presented.

### **Seminar/workshop with case studies**

#### **Title**

Practical Pearls for identifying and treating sleep problems in children with Neurodevelopmental Disorders (NDDs): A case based workshop

In this interactive workshop, interesting and challenging cases or children with NDDs and sleep problems will be discussed. Participants are welcome to submit cases in advance (TO: XXXX) and/or to present cases for discussion during the workshop. Cases discussed will demonstrate the use of a novel screening tool (ABCs of SLEEPING) for pediatric insomnia. Cases will also be presented demonstrating the use of home videos in the evaluation of unusual child nocturnal behavior. A discussion of when to refer children for neurology, respirology or sleep evaluations will be presented.