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Biography

Santosh Kumar Mishra is an Independent Researcher (Scholar) and former faculty member of the Population Education Resource Centre, Department of Lifelong Learning & Extension, S.N.D.T. Women's University, Mumbai, India. He received fellowship training in Demography (1986–1987) and earned his Ph.D. from the University of Patna in 1999. His expertise includes demography, sustainable development, public health, and related fields. Dr. Mishra has authored 4 books, 32 book chapters, over 110 journal articles, numerous research studies, and more than 120 conference papers. He has received multiple Certificates of Excellence in Reviewing and has served as a judge for the Edison Awards and Global Undergraduate Awards.

Contributing Factors for Sleep Disorder among Children

Abstract:

Getting adequate sleep is key to physical and mental health of children. But it has been found that nearly half of children (especially in the present-day situation wherein screen time is global health threat) experience issues connected with sleep disorder at some point during their childhood. There are several types of sleep disorders (or insomnia), including sleep apnea (a condition in which somebody stops breathing for a short time while asleep), and parasomnias (e. g., sleepwalking, night terrors, talking, acting out dreams). There are several reasons for disorder among children, both boys and girls. Prime objective of this work is to present description on factors responsible for sleep disorder among children. Secondary data (largely 'qualitative' in nature) have been used, and method of data analysis is 'descriptive'. Data analysis indicates that there are multiple reasons for sleep disorder among children, reasons vary from child to child. There are four broad contributing factors for childhood insomnia. They are:

1. Poor Sleep Routine: It includes Irregular bedtimes, late-night screen exposure, and inconsistent sleep habits.
2. Stress/Anxiety: Such causes may be comprised of study pressure, fears, etc.
3. Medical Conditions: Illness, such as asthma, allergies, and chronic pain, often disrupt sleep, including sleep quality.
4. Lifestyle Factors: Such factors include high sugar intake, and lack of daytime physical activity.

This abstract briefly concludes that childhood insomnia can be major health risk for children and their parents. However, effective treatments options are available. Management of childhood sleep disorder begins with life style changes.