

SLEEP MYTH BUSTERS (Parent Version)

Myth 1

Children will outgrow sleep problems on their own.

False.

Some sleep challenges improve with development, but some persist without intervention. Insomnia, delayed sleep schedules, and sleep disordered breathing often require active management.

Takeaway

Early attention to sleep concerns supports long-term health and development.

Myth 2

Snoring in children is normal.

False.

Persistent snoring in children may indicate obstructive sleep apnea and can affect learning, behavior, and growth.

Takeaway

Persistent snoring should be discussed with a healthcare provider.

Myth 3

If a child seems hyperactive, they are not tired.

False.

Children often show irritability, impulsivity, and hyperactivity when overtired.

Takeaway

Behavior changes may signal insufficient sleep or a sleep disturbance.

Myth 4

Teens are lazy if they sleep late.

False.

Adolescents experience a biological shift in circadian rhythm that makes it harder to fall asleep early. Their early school start times may contribute to chronic sleep deprivation.

Takeaway

Recognize the biological component of adolescent sleep timing.

Myth 5

More homework at night improves performance.

False.

Chronic sleep restriction impairs memory consolidation, attention, and executive functioning.

Takeaway

Adequate sleep supports academic success more effectively than late-night studying.