

Web Watch: Pediatric Sleep Medicine

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Children and Sleep Disorders (<http://www.stanford.edu/~dement/children.html>)

This represents one of the most comprehensive web sites devoted exclusively to pediatric sleep medicine. A reference section provides succinct reviews of common childhood sleep problems including apnea, sudden infant death syndrome (SIDS), and parasomnias including night terrors and rhythmic movement disorders. An extensive guide to other web-based resources for pediatric sleep will be useful to both parents and professionals, although some links are out of date. A unique and helpful feature is a compilation of 'sleep aids' for children, which include links to videos, audiotapes, and other products useful in the treatment of childhood sleep problems.

Emedicine (<http://www.emedicine.com>)

Emedicine, a collaborative online journal established in 1998 provides several peer-reviewed articles addressing pediatric sleep topics, including nightmares, night terrors, enuresis, and sudden infant death syndrome (SIDS). The reviews are brief, well-referenced, and appropriate for the sleep professional wishing to learn more about pediatric topics. Useful links are provided to related emedicine topics, patient education tips, and full MEDLINE citations for referenced articles.

The Doctor's Office-Sleep (http://www.allkids.org/Epstein/Articles/Sleep_Disorders.html)

This patient and parent-oriented site includes several well-written articles addressing common pediatric sleep problems, including bedtime struggles, excessive night waking, and parasomnias. Drawn from a newspaper column written by pediatrician Bruce A. Epstein, the articles provide a concise and useful review of first-line treatment strategies. This is an appropriate site to suggest to parents looking to learn more about the most common childhood sleep problems and their treatment.

The PEDSLEEP Mailing List Archives (<http://post.tau.ac.il/archives/pedsleep>)

The PEDSLEEP mailing list is a moderated discussion list established in 1997 and coordinated by Dr Avi Sadeh. Archives of prior discussions are available at this site and cover a wide variety of sleep-related topics as they pertain to children. Content of the archives will be most useful to sleep professionals and of limited use to parents. Instructions on how to subscribe to the discussion group are also provided at the site.