

WEBVTT

NOTE duration:"00:57:11"

NOTE recognizability:0.798

NOTE language:en-us

NOTE Confidence: 0.827810252857143

00:00:00.000 --> 00:00:01.575 Good afternoon, everyone.

NOTE Confidence: 0.827810252857143

00:00:01.575 --> 00:00:03.675 Welcome to Grand Rounds.

NOTE Confidence: 0.827810252857143

00:00:03.680 --> 00:00:06.312 Thank you so much for you all adjusting

NOTE Confidence: 0.827810252857143

00:00:06.312 --> 00:00:09.280 to this slight change to virtual format.

NOTE Confidence: 0.827810252857143

00:00:09.280 --> 00:00:10.560 We really appreciate you

NOTE Confidence: 0.827810252857143

00:00:10.560 --> 00:00:11.520 accommodating this change.

NOTE Confidence: 0.827810252857143

00:00:11.520 --> 00:00:13.256 It's a brief return to a virtual

NOTE Confidence: 0.827810252857143

00:00:13.256 --> 00:00:14.520 format and well worth it.

NOTE Confidence: 0.827810252857143

00:00:14.520 --> 00:00:16.635 So that we can hear from Doctor Ordway today.

NOTE Confidence: 0.827810252857143

00:00:16.640 --> 00:00:19.295 And we will be back in person next week

NOTE Confidence: 0.827810252857143

00:00:19.295 --> 00:00:22.198 for Grand Rounds in the Cohen Auditorium,

NOTE Confidence: 0.827810252857143

00:00:22.200 --> 00:00:24.240 where we'll have our Viola Bernard

NOTE Confidence: 0.827810252857143

00:00:24.240 --> 00:00:26.560 lecturer from John Pachanka.

NOTE Confidence: 0.827810252857143

00:00:26.560 --> 00:00:28.880 He'll talk about LGBTQ
NOTE Confidence: 0.827810252857143
00:00:28.880 --> 00:00:30.040 affirmative healthcare.
NOTE Confidence: 0.827810252857143
00:00:30.040 --> 00:00:31.864 Please do join us in person
NOTE Confidence: 0.827810252857143
00:00:31.864 --> 00:00:33.440 for that if you can.
NOTE Confidence: 0.827810252857143
00:00:33.440 --> 00:00:35.112 And to today's speaker,
NOTE Confidence: 0.827810252857143
00:00:35.112 --> 00:00:37.202 someone who needs no introduction
NOTE Confidence: 0.827810252857143
00:00:37.202 --> 00:00:39.786 for our community And Doctor Monica
NOTE Confidence: 0.827810252857143
00:00:39.786 --> 00:00:41.876 Ordway after 10 years working
NOTE Confidence: 0.827810252857143
00:00:41.952 --> 00:00:44.076 as a nurse practitioner and Dr.
NOTE Confidence: 0.827810252857143
00:00:44.080 --> 00:00:45.715 already returned to the Child
NOTE Confidence: 0.827810252857143
00:00:45.715 --> 00:00:47.788 Study Centre to complete her PhD
NOTE Confidence: 0.827810252857143
00:00:47.788 --> 00:00:49.292 and her postdoctoral fellowship
NOTE Confidence: 0.827810252857143
00:00:49.292 --> 00:00:51.514 working with Lil Sadler, Linda Mays,
NOTE Confidence: 0.827810252857143
00:00:51.514 --> 00:00:52.228 Nancy Suckman,
NOTE Confidence: 0.827810252857143
00:00:52.228 --> 00:00:54.370 working on Mothering from the inside
NOTE Confidence: 0.827810252857143
00:00:54.427 --> 00:00:56.540 out and Minding the Baby program and

NOTE Confidence: 0.827810252857143

00:00:56.540 --> 00:00:58.640 since then joined the School of Nursing,

NOTE Confidence: 0.827810252857143

00:00:58.640 --> 00:01:00.608 now an associate professor and Co

NOTE Confidence: 0.827810252857143

00:01:00.608 --> 00:01:02.530 director of Yale Byway Behavioral

NOTE Confidence: 0.827810252857143

00:01:02.530 --> 00:01:04.640 and Translational Research programme.

NOTE Confidence: 0.827810252857143

00:01:04.640 --> 00:01:07.040 Really leading an impressive clinical

NOTE Confidence: 0.827810252857143

00:01:07.040 --> 00:01:09.374 research programme that seeks to

NOTE Confidence: 0.827810252857143

00:01:09.374 --> 00:01:11.789 address parenting and also sleep as a

NOTE Confidence: 0.827810252857143

00:01:11.789 --> 00:01:14.018 modifiable risk factor that can help

NOTE Confidence: 0.827810252857143

00:01:14.018 --> 00:01:16.576 address health inequities very early in life.

NOTE Confidence: 0.827810252857143

00:01:16.576 --> 00:01:18.928 Doctor Ordway has been funded by the

NOTE Confidence: 0.827810252857143

00:01:18.928 --> 00:01:20.611 National Institutes of Health and

NOTE Confidence: 0.827810252857143

00:01:20.611 --> 00:01:22.206 the National Institute of Nursing

NOTE Confidence: 0.827810252857143

00:01:22.206 --> 00:01:24.270 Research as well as various foundations

NOTE Confidence: 0.827810252857143

00:01:24.270 --> 00:01:26.316 and has fellow the American Academy

NOTE Confidence: 0.827810252857143

00:01:26.320 --> 00:01:28.315 of Nursing as well as a board

NOTE Confidence: 0.827810252857143

00:01:28.315 --> 00:01:30.398 member of the International Sleep
NOTE Confidence: 0.827810252857143

00:01:30.398 --> 00:01:33.444 Association and sits on the Nanos
NOTE Confidence: 0.827810252857143

00:01:33.444 --> 00:01:35.799 Scientific and Medical Advisory Board.
NOTE Confidence: 0.827810252857143

00:01:35.800 --> 00:01:36.056 Doctor,
NOTE Confidence: 0.827810252857143

00:01:36.056 --> 00:01:37.848 we're so pleased that you can join
NOTE Confidence: 0.827810252857143

00:01:37.848 --> 00:01:39.695 us for grand rounds today and I
NOTE Confidence: 0.827810252857143

00:01:39.695 --> 00:01:41.240 can't wait to learn from you.
NOTE Confidence: 0.827810252857143

00:01:41.240 --> 00:01:42.976 And I'm welcome you back to the
NOTE Confidence: 0.827810252857143

00:01:42.976 --> 00:01:43.720 Child Study Centre.
NOTE Confidence: 0.717035572

00:01:44.640 --> 00:01:46.400 Thank you. That's very generous.
NOTE Confidence: 0.717035572

00:01:46.400 --> 00:01:47.516 I'm very happy to be here.
NOTE Confidence: 0.717035572

00:01:47.520 --> 00:01:51.160 Sorry to do it via Zoom today but I was
NOTE Confidence: 0.717035572

00:01:51.160 --> 00:01:54.012 telling them I am at the APSS big sleep
NOTE Confidence: 0.717035572

00:01:54.012 --> 00:01:55.596 conference annual sleep conference.
NOTE Confidence: 0.717035572

00:01:55.600 --> 00:01:59.218 So it's AI was happy to to fill in
NOTE Confidence: 0.717035572

00:01:59.218 --> 00:02:01.680 but I did have to do it remotely.

NOTE Confidence: 0.717035572

00:02:01.680 --> 00:02:02.838 So thank you for having me.

NOTE Confidence: 0.717035572

00:02:02.840 --> 00:02:05.366 Just one small correction is that

NOTE Confidence: 0.717035572

00:02:05.366 --> 00:02:08.610 I my PhD was at the School of

NOTE Confidence: 0.717035572

00:02:08.610 --> 00:02:11.726 Nursing but I did but I had a A31

NOTE Confidence: 0.717035572

00:02:11.726 --> 00:02:14.654 that Linda Mays was a Co sponsor on

NOTE Confidence: 0.717035572

00:02:14.654 --> 00:02:17.599 with me in addition to Melissabbas.

NOTE Confidence: 0.717035572

00:02:17.600 --> 00:02:20.112 So I will share my slides and

NOTE Confidence: 0.717035572

00:02:20.112 --> 00:02:21.000 we'll get started.

NOTE Confidence: 0.717117492222222

00:02:28.480 --> 00:02:29.810 Thank you, Tara, for putting

NOTE Confidence: 0.717117492222222

00:02:29.810 --> 00:02:30.874 in the CEU information.

NOTE Confidence: 0.717117492222222

00:02:30.880 --> 00:02:32.134 We'll get the CME code into

NOTE Confidence: 0.717117492222222

00:02:32.134 --> 00:02:33.240 the chat shortly as well.

NOTE Confidence: 0.757338915

00:02:35.840 --> 00:02:39.600 OK. So hopefully this OK,

NOTE Confidence: 0.827660389333333

00:02:47.720 --> 00:02:49.372 All right. So today I'm going to

NOTE Confidence: 0.827660389333333

00:02:49.372 --> 00:02:51.477 talk to you about sleep Well be well,

NOTE Confidence: 0.827660389333333

00:02:51.480 --> 00:02:53.076 that's not a typo.
NOTE Confidence: 0.8276603893333333

00:02:53.076 --> 00:02:55.470 That is an intervention that I've
NOTE Confidence: 0.8276603893333333

00:02:55.554 --> 00:02:57.819 developed for early intervention and
NOTE Confidence: 0.8276603893333333

00:02:57.819 --> 00:03:01.319 sort of have this this be theme going.
NOTE Confidence: 0.8276603893333333

00:03:01.320 --> 00:03:04.144 It's I want to focus on early childhood
NOTE Confidence: 0.8276603893333333

00:03:04.144 --> 00:03:07.323 sleep to promote parent child relationships
NOTE Confidence: 0.8276603893333333

00:03:07.323 --> 00:03:09.715 and reduce health disparities.
NOTE Confidence: 0.8276603893333333

00:03:09.720 --> 00:03:11.470 Today we'll talk about understanding
NOTE Confidence: 0.8276603893333333

00:03:11.470 --> 00:03:13.220 the importance of sleep and
NOTE Confidence: 0.8276603893333333

00:03:13.284 --> 00:03:14.598 early child development.
NOTE Confidence: 0.8276603893333333

00:03:14.600 --> 00:03:16.320 Can I want to ask two, can you hear me OK?
NOTE Confidence: 0.8276603893333333

00:03:16.320 --> 00:03:18.114 I've never used my ear buds
NOTE Confidence: 0.8276603893333333

00:03:18.114 --> 00:03:19.840 for with my laptop before,
NOTE Confidence: 0.8276603893333333

00:03:19.840 --> 00:03:22.760 so I just want to make sure, OK.
NOTE Confidence: 0.8276603893333333

00:03:22.760 --> 00:03:23.747 And then secondly,
NOTE Confidence: 0.8276603893333333

00:03:23.747 --> 00:03:26.050 to identify barriers to healthy sleep and

NOTE Confidence: 0.827660389333333

00:03:26.112 --> 00:03:28.200 historically marginalized populations.

NOTE Confidence: 0.827660389333333

00:03:28.200 --> 00:03:30.496 And then to describe the potential of

NOTE Confidence: 0.827660389333333

00:03:30.496 --> 00:03:31.972 sleep health promotion interventions

NOTE Confidence: 0.827660389333333

00:03:31.972 --> 00:03:34.515 in clinical and community settings in

NOTE Confidence: 0.827660389333333

00:03:34.515 --> 00:03:36.645 order to improve sleep outcomes and

NOTE Confidence: 0.827660389333333

00:03:36.645 --> 00:03:38.560 strengthen parents child relationships.

NOTE Confidence: 0.827660389333333

00:03:38.560 --> 00:03:40.200 So to kind of put this in context,

NOTE Confidence: 0.827660389333333

00:03:40.200 --> 00:03:43.112 I know you briefly mentioned that my

NOTE Confidence: 0.827660389333333

00:03:43.112 --> 00:03:46.012 pre doctoral work was in with minding

NOTE Confidence: 0.827660389333333

00:03:46.012 --> 00:03:48.422 the baby and I participated with

NOTE Confidence: 0.827660389333333

00:03:48.422 --> 00:03:50.474 them and my dissertation study was

NOTE Confidence: 0.827660389333333

00:03:50.474 --> 00:03:52.910 following up with the families that

NOTE Confidence: 0.827660389333333

00:03:52.910 --> 00:03:55.600 participated one to three years earlier.

NOTE Confidence: 0.827660389333333

00:03:55.600 --> 00:03:57.358 So the children were three to

NOTE Confidence: 0.827660389333333

00:03:57.358 --> 00:03:59.693 five years of age and I and I re

NOTE Confidence: 0.827660389333333

00:03:59.693 --> 00:04:01.758 recruited them and followed them.
NOTE Confidence: 0.8276603893333333

00:04:01.760 --> 00:04:04.439 And it really,
NOTE Confidence: 0.8276603893333333

00:04:04.440 --> 00:04:06.720 I love my work with minding the baby,
NOTE Confidence: 0.8276603893333333

00:04:06.720 --> 00:04:09.037 not just because it's a phenomenal team
NOTE Confidence: 0.8276603893333333

00:04:09.037 --> 00:04:11.338 and you're very lucky to have Krista
NOTE Confidence: 0.8276603893333333

00:04:11.338 --> 00:04:13.520 there at the Child Study Center now,
NOTE Confidence: 0.8276603893333333

00:04:13.520 --> 00:04:17.918 but because it really helped me.
NOTE Confidence: 0.8276603893333333

00:04:17.920 --> 00:04:19.880 So many questions that I have for
NOTE Confidence: 0.8276603893333333

00:04:19.880 --> 00:04:21.731 my clinical work as a pediatric
NOTE Confidence: 0.8276603893333333

00:04:21.731 --> 00:04:23.316 nurse practitioner in a primary
NOTE Confidence: 0.8276603893333333

00:04:23.316 --> 00:04:26.960 care Center for 10 years really came
NOTE Confidence: 0.8276603893333333

00:04:26.960 --> 00:04:29.207 to be understood when I thought
NOTE Confidence: 0.8276603893333333

00:04:29.207 --> 00:04:30.995 about reflective functioning and
NOTE Confidence: 0.8276603893333333

00:04:30.995 --> 00:04:33.230 the parent child relationship and
NOTE Confidence: 0.8276603893333333

00:04:33.297 --> 00:04:35.282 thinking about the mental state
NOTE Confidence: 0.8276603893333333

00:04:35.282 --> 00:04:36.800 that underlies children's behavior.

NOTE Confidence: 0.827660389333333
00:04:36.800 --> 00:04:39.636 And I sort of wish I had understood
NOTE Confidence: 0.827660389333333
00:04:39.636 --> 00:04:41.216 that concept better when I
NOTE Confidence: 0.827660389333333
00:04:41.216 --> 00:04:42.480 was working with families.
NOTE Confidence: 0.827660389333333
00:04:42.480 --> 00:04:44.636 It would have really helped me understand,
NOTE Confidence: 0.827660389333333
00:04:44.640 --> 00:04:46.200 particularly as a lactation consultant,
NOTE Confidence: 0.827660389333333
00:04:46.200 --> 00:04:48.032 the family that I was working with early
NOTE Confidence: 0.827660389333333
00:04:48.032 --> 00:04:49.998 on who would struggle with parenting.
NOTE Confidence: 0.827660389333333
00:04:50.000 --> 00:04:53.096 So I just saw such a great connection
NOTE Confidence: 0.827660389333333
00:04:53.096 --> 00:04:56.197 between this concept and and primary care.
NOTE Confidence: 0.827660389333333
00:04:56.200 --> 00:04:57.880 So I had written a paper,
NOTE Confidence: 0.827660389333333
00:04:57.880 --> 00:05:01.256 one of my papers on how to implement
NOTE Confidence: 0.827660389333333
00:05:01.256 --> 00:05:02.653 parental reflective functioning
NOTE Confidence: 0.827660389333333
00:05:02.653 --> 00:05:05.038 in a primary care setting.
NOTE Confidence: 0.827660389333333
00:05:05.040 --> 00:05:09.279 I then was still at the end of my,
NOTE Confidence: 0.827660389333333
00:05:09.280 --> 00:05:11.638 I was struggling with how am I going to
NOTE Confidence: 0.827660389333333

00:05:11.638 --> 00:05:13.864 get this concept into pediatric primary
NOTE Confidence: 0.827660389333333

00:05:13.864 --> 00:05:17.320 care where we see patients every 15 minutes.
NOTE Confidence: 0.827660389333333

00:05:17.320 --> 00:05:20.479 And so it's very difficult to fit in talking
NOTE Confidence: 0.827660389333333

00:05:20.479 --> 00:05:23.160 about attachment theory and parenting.
NOTE Confidence: 0.827660389333333

00:05:23.160 --> 00:05:26.200 And so I then went on to work as a
NOTE Confidence: 0.827660389333333

00:05:26.292 --> 00:05:29.310 postdoc with doctor Nancy Bookman and
NOTE Confidence: 0.827660389333333

00:05:29.310 --> 00:05:32.264 who has unfortunately passed away,
NOTE Confidence: 0.827660389333333

00:05:32.264 --> 00:05:36.152 but was a phenomenal mentor and
NOTE Confidence: 0.827660389333333

00:05:36.152 --> 00:05:39.704 working with me to in a in a
NOTE Confidence: 0.827660389333333

00:05:39.704 --> 00:05:41.528 shorter short term mentalization
NOTE Confidence: 0.827660389333333

00:05:41.528 --> 00:05:43.120 based intervention program.
NOTE Confidence: 0.827660389333333

00:05:43.120 --> 00:05:44.800 So I helped lead the meeting,
NOTE Confidence: 0.705983030555555

00:05:47.040 --> 00:05:49.338 engaged sort of translation of her
NOTE Confidence: 0.705983030555555

00:05:49.338 --> 00:05:51.621 mothering from the inside out to
NOTE Confidence: 0.705983030555555

00:05:51.621 --> 00:05:53.679 the West Haven Mental Health clinic.
NOTE Confidence: 0.705983030555555

00:05:53.680 --> 00:05:57.680 But again, once I became onto faculty

NOTE Confidence: 0.705983030555555
00:05:57.680 --> 00:05:59.998 in 2013 at the School of Nursing,
NOTE Confidence: 0.705983030555555
00:06:00.000 --> 00:06:02.555 what I was struggling with was still,
NOTE Confidence: 0.705983030555555
00:06:02.560 --> 00:06:04.792 how do I get this back to primary care?
NOTE Confidence: 0.705983030555555
00:06:04.800 --> 00:06:06.320 And at the same time,
NOTE Confidence: 0.705983030555555
00:06:06.320 --> 00:06:09.200 just the year prior,
NOTE Confidence: 0.705983030555555
00:06:09.200 --> 00:06:10.840 eco bio developmental framework that
NOTE Confidence: 0.705983030555555
00:06:10.840 --> 00:06:12.826 I'm sure you're all familiar with
NOTE Confidence: 0.705983030555555
00:06:12.826 --> 00:06:14.560 was published this the year before.
NOTE Confidence: 0.705983030555555
00:06:14.560 --> 00:06:16.336 And it's one of those things that when
NOTE Confidence: 0.705983030555555
00:06:16.336 --> 00:06:18.232 you're going through your doctoral
NOTE Confidence: 0.705983030555555
00:06:18.232 --> 00:06:20.322 studies and then something changes
NOTE Confidence: 0.705983030555555
00:06:20.322 --> 00:06:22.678 in a new theory or new approach.
NOTE Confidence: 0.705983030555555
00:06:22.680 --> 00:06:23.360 And it's sort of, oh,
NOTE Confidence: 0.705983030555555
00:06:23.360 --> 00:06:24.865 I wish that was there when I
NOTE Confidence: 0.705983030555555
00:06:24.865 --> 00:06:26.520 was doing my dissertation work.
NOTE Confidence: 0.705983030555555

00:06:26.520 --> 00:06:29.280 And so this made a lot of sense to me.
NOTE Confidence: 0.7059830305555555

00:06:29.280 --> 00:06:34.728 But I what I think finally clicked for me
NOTE Confidence: 0.7059830305555555

00:06:34.728 --> 00:06:37.096 and in my first year or two and faculty
NOTE Confidence: 0.7059830305555555

00:06:37.096 --> 00:06:39.239 was it something was missing here.
NOTE Confidence: 0.7059830305555555

00:06:39.240 --> 00:06:41.496 So as we know that we have ecology
NOTE Confidence: 0.7059830305555555

00:06:41.496 --> 00:06:43.177 mixing with biology influencing
NOTE Confidence: 0.7059830305555555

00:06:43.177 --> 00:06:44.758 health and development.
NOTE Confidence: 0.7059830305555555

00:06:44.760 --> 00:06:47.838 But I really thought about these
NOTE Confidence: 0.7059830305555555

00:06:47.838 --> 00:06:50.302 foundations of healthy development and
NOTE Confidence: 0.7059830305555555

00:06:50.302 --> 00:06:52.744 how much they the work I was doing my
NOTE Confidence: 0.7059830305555555

00:06:52.744 --> 00:06:54.464 being post doc was related to this.
NOTE Confidence: 0.7059830305555555

00:06:54.464 --> 00:06:56.295 But what was seemed to be missing
NOTE Confidence: 0.7059830305555555

00:06:56.295 --> 00:06:58.360 was sleep as a foundation of health.
NOTE Confidence: 0.7059830305555555

00:06:58.360 --> 00:07:01.159 And once I sort of came to that
NOTE Confidence: 0.7059830305555555

00:07:01.159 --> 00:07:02.852 conclusion and realizing, you know,
NOTE Confidence: 0.7059830305555555

00:07:02.852 --> 00:07:05.140 sleep is a pillar of health and early

NOTE Confidence: 0.705983030555555

00:07:05.211 --> 00:07:08.190 childhood and it gets a very little

NOTE Confidence: 0.705983030555555

00:07:08.190 --> 00:07:10.175 attention and I think emphasized by

NOTE Confidence: 0.705983030555555

00:07:10.175 --> 00:07:12.849 the fact that it was missing as a

NOTE Confidence: 0.705983030555555

00:07:12.849 --> 00:07:14.901 foundation of health in this model

NOTE Confidence: 0.705983030555555

00:07:14.901 --> 00:07:17.720 as well as I will let you know that

NOTE Confidence: 0.705983030555555

00:07:17.720 --> 00:07:19.508 the first definition of pediatric

NOTE Confidence: 0.705983030555555

00:07:19.508 --> 00:07:22.118 sleep health was published in 2021.

NOTE Confidence: 0.705983030555555

00:07:22.118 --> 00:07:25.184 So that's really I think a statement

NOTE Confidence: 0.705983030555555

00:07:25.184 --> 00:07:28.525 about a sort of our under recognition

NOTE Confidence: 0.705983030555555

00:07:28.525 --> 00:07:31.532 of sleep health and more of a focus

NOTE Confidence: 0.705983030555555

00:07:31.532 --> 00:07:32.558 on sleep disorders.

NOTE Confidence: 0.705983030555555

00:07:32.560 --> 00:07:33.712 So most of what's been focused

NOTE Confidence: 0.705983030555555

00:07:33.712 --> 00:07:35.414 on in the field of sleep has been

NOTE Confidence: 0.705983030555555

00:07:35.414 --> 00:07:36.077 in sleep disorders.

NOTE Confidence: 0.705983030555555

00:07:36.080 --> 00:07:38.520 And I think this is a great sleep

NOTE Confidence: 0.705983030555555

00:07:38.520 --> 00:07:41.584 is a topic that in your work
NOTE Confidence: 0.7059830305555555

00:07:41.584 --> 00:07:43.040 when child development work,
NOTE Confidence: 0.7059830305555555

00:07:43.040 --> 00:07:48.120 parenting work has a has a great place.
NOTE Confidence: 0.7059830305555555

00:07:48.120 --> 00:07:50.862 Obviously today was a pioneer in
NOTE Confidence: 0.7059830305555555

00:07:50.862 --> 00:07:53.190 pediatric sleep research and he
NOTE Confidence: 0.7059830305555555

00:07:53.190 --> 00:07:56.344 published this transactional model of
NOTE Confidence: 0.7059830305555555

00:07:56.344 --> 00:08:00.280 infant sleep and you can see that the
NOTE Confidence: 0.7059830305555555

00:08:00.280 --> 00:08:02.792 most proximal relationship here was in
NOTE Confidence: 0.7059830305555555

00:08:02.792 --> 00:08:06.000 this model is around that the parent.
NOTE Confidence: 0.7059830305555555

00:08:06.000 --> 00:08:08.196 Let me just see if I can get my
NOTE Confidence: 0.7059830305555555

00:08:08.200 --> 00:08:10.318 pointer here is this, you know,
NOTE Confidence: 0.7059830305555555

00:08:10.320 --> 00:08:13.648 parent child interactive context.
NOTE Confidence: 0.7059830305555555

00:08:13.648 --> 00:08:16.496 And so this again was just a perfect
NOTE Confidence: 0.7059830305555555

00:08:16.496 --> 00:08:18.911 way of me bridging the work I was
NOTE Confidence: 0.7059830305555555

00:08:18.911 --> 00:08:21.079 doing in my pre and post doc.
NOTE Confidence: 0.7059830305555555

00:08:21.080 --> 00:08:26.096 And I have using sleep as a back doorway

NOTE Confidence: 0.705983030555555

00:08:26.096 --> 00:08:28.549 of talking to primary care providers

NOTE Confidence: 0.705983030555555

00:08:28.549 --> 00:08:31.744 about how to introduce concepts about

NOTE Confidence: 0.705983030555555

00:08:31.744 --> 00:08:34.674 parenting into their routine practice.

NOTE Confidence: 0.705983030555555

00:08:34.680 --> 00:08:36.870 So I just like a little bit of background on

NOTE Confidence: 0.705983030555555

00:08:36.920 --> 00:08:38.954 how I got to the point of studying sleep.

NOTE Confidence: 0.705983030555555

00:08:38.960 --> 00:08:40.120 And it's a little unusual,

NOTE Confidence: 0.705983030555555

00:08:40.120 --> 00:08:43.750 I think that I have been doing all

NOTE Confidence: 0.705983030555555

00:08:43.750 --> 00:08:45.552 this work now and something that

NOTE Confidence: 0.705983030555555

00:08:45.552 --> 00:08:47.113 I did not get my PhD in.

NOTE Confidence: 0.705983030555555

00:08:47.120 --> 00:08:48.440 And sleep is a topic,

NOTE Confidence: 0.705983030555555

00:08:48.440 --> 00:08:49.124 but it's,

NOTE Confidence: 0.705983030555555

00:08:49.124 --> 00:08:51.860 it's been a really fun experience and I've

NOTE Confidence: 0.871862875294118

00:08:51.926 --> 00:08:54.355 had some great mentors along the way.

NOTE Confidence: 0.871862875294118

00:08:54.360 --> 00:08:55.660 So the importance of sleep

NOTE Confidence: 0.871862875294118

00:08:55.660 --> 00:08:56.440 and early childhood.

NOTE Confidence: 0.871862875294118

00:08:56.440 --> 00:08:58.617 We know that adequate sleep is essential
NOTE Confidence: 0.871862875294118

00:08:58.617 --> 00:09:00.815 for cognitive, physical and emotional
NOTE Confidence: 0.871862875294118

00:09:00.815 --> 00:09:02.915 development in young children.
NOTE Confidence: 0.871862875294118

00:09:02.920 --> 00:09:04.648 It, it, the brain is undergoing
NOTE Confidence: 0.871862875294118

00:09:04.648 --> 00:09:05.800 rapid growth and development,
NOTE Confidence: 0.871862875294118

00:09:05.800 --> 00:09:08.840 as we know in this early childhood period.
NOTE Confidence: 0.871862875294118

00:09:08.840 --> 00:09:11.703 And sleep actually plays a really critical
NOTE Confidence: 0.871862875294118

00:09:11.703 --> 00:09:13.840 role in facilitating this process.
NOTE Confidence: 0.871862875294118

00:09:13.840 --> 00:09:16.312 And it's interesting to note also
NOTE Confidence: 0.871862875294118

00:09:16.312 --> 00:09:19.090 that Sleep Medicine in general is a
NOTE Confidence: 0.871862875294118

00:09:19.090 --> 00:09:21.620 fairly young specialty in Pediatrics
NOTE Confidence: 0.871862875294118

00:09:21.620 --> 00:09:25.760 or in in health medicine in general.
NOTE Confidence: 0.871862875294118

00:09:25.760 --> 00:09:27.896 It's the first sort of Sleep
NOTE Confidence: 0.871862875294118

00:09:27.896 --> 00:09:30.280 Medicine as a as a separate,
NOTE Confidence: 0.871862875294118

00:09:30.280 --> 00:09:32.280 the focus was in 1972.
NOTE Confidence: 0.871862875294118

00:09:32.280 --> 00:09:35.246 So it's, it's something that's

NOTE Confidence: 0.871862875294118
00:09:35.246 --> 00:09:37.680 continuing to grow as I can say that I,
NOTE Confidence: 0.871862875294118
00:09:37.680 --> 00:09:40.290 I Co chaired the IPSA international
NOTE Confidence: 0.871862875294118
00:09:40.290 --> 00:09:42.450 sleep conference last month and
NOTE Confidence: 0.871862875294118
00:09:42.450 --> 00:09:44.865 we had four times the number of
NOTE Confidence: 0.871862875294118
00:09:44.865 --> 00:09:47.234 submissions in our abstracts and five
NOTE Confidence: 0.871862875294118
00:09:47.234 --> 00:09:49.640 times the number of applications to
NOTE Confidence: 0.871862875294118
00:09:49.640 --> 00:09:52.760 our pediatric sleep research award.
NOTE Confidence: 0.871862875294118
00:09:52.760 --> 00:09:55.287 There's definitely a a growing feel that
NOTE Confidence: 0.871862875294118
00:09:55.287 --> 00:09:57.922 I'm glad to see that sufficient sleep
NOTE Confidence: 0.871862875294118
00:09:57.922 --> 00:10:00.227 really helps children to consolidate
NOTE Confidence: 0.871862875294118
00:10:00.227 --> 00:10:02.618 their memories to improve salts
NOTE Confidence: 0.871862875294118
00:10:02.618 --> 00:10:04.958 problem solving skills and enhance
NOTE Confidence: 0.871862875294118
00:10:04.958 --> 00:10:07.080 their overall cognitive abilities.
NOTE Confidence: 0.871862875294118
00:10:07.080 --> 00:10:10.356 So the benefits include things we I
NOTE Confidence: 0.871862875294118
00:10:10.356 --> 00:10:13.680 just mentioned memory, attention.
NOTE Confidence: 0.871862875294118

00:10:13.680 --> 00:10:16.152 I often wonder in with all the patients
NOTE Confidence: 0.871862875294118

00:10:16.152 --> 00:10:18.517 that saw in primary care with ADHD.
NOTE Confidence: 0.871862875294118

00:10:18.520 --> 00:10:23.047 One of my sort of future hopes is
NOTE Confidence: 0.871862875294118

00:10:23.047 --> 00:10:26.101 that we include screening for sleep
NOTE Confidence: 0.871862875294118

00:10:26.101 --> 00:10:29.277 disorders before we prescribe stimulants.
NOTE Confidence: 0.871862875294118

00:10:29.280 --> 00:10:30.480 Oh, is that Nancy close?
NOTE Confidence: 0.871862875294118

00:10:30.480 --> 00:10:33.840 Did I see you there? So nice to know Nancy.
NOTE Confidence: 0.871862875294118

00:10:33.840 --> 00:10:35.163 I was on my dissertation committee and
NOTE Confidence: 0.871862875294118

00:10:35.163 --> 00:10:36.759 it's been a while since I've seen her.
NOTE Confidence: 0.871862875294118

00:10:36.760 --> 00:10:37.336 So sorry.
NOTE Confidence: 0.871862875294118

00:10:37.336 --> 00:10:39.064 I just got a little distracted
NOTE Confidence: 0.871862875294118

00:10:39.064 --> 00:10:42.480 by the by her lovely face.
NOTE Confidence: 0.871862875294118

00:10:42.480 --> 00:10:45.320 Sleep also effects the behavior
NOTE Confidence: 0.871862875294118

00:10:45.320 --> 00:10:47.266 and we can think about this for
NOTE Confidence: 0.871862875294118

00:10:47.266 --> 00:10:48.839 ourselves as well as children,
NOTE Confidence: 0.871862875294118

00:10:48.840 --> 00:10:51.080 learning and overall health.

NOTE Confidence: 0.871862875294118
00:10:51.080 --> 00:10:56.400 It's all a factor of adequate sleep.
NOTE Confidence: 0.871862875294118
00:10:56.400 --> 00:10:58.927 There are four stages of sleep REM
NOTE Confidence: 0.871862875294118
00:10:58.927 --> 00:11:01.213 sleep during REM sleep we have
NOTE Confidence: 0.871862875294118
00:11:01.213 --> 00:11:03.475 the brain is actually very active.
NOTE Confidence: 0.871862875294118
00:11:03.480 --> 00:11:05.482 They're moving back and forth and this
NOTE Confidence: 0.871862875294118
00:11:05.482 --> 00:11:08.002 stage is the stage that we're learning
NOTE Confidence: 0.871862875294118
00:11:08.002 --> 00:11:10.396 is really essential for memory consolidation,
NOTE Confidence: 0.871862875294118
00:11:10.400 --> 00:11:12.880 positive development and emotional
NOTE Confidence: 0.871862875294118
00:11:12.880 --> 00:11:15.360 regulation in young children.
NOTE Confidence: 0.871862875294118
00:11:15.360 --> 00:11:17.117 And then our non REM sleep those.
NOTE Confidence: 0.871862875294118
00:11:17.120 --> 00:11:18.919 There are three stages of non REM
NOTE Confidence: 0.871862875294118
00:11:18.919 --> 00:11:20.876 sleep and this is light to deeper
NOTE Confidence: 0.871862875294118
00:11:20.876 --> 00:11:22.291 sleep where the brain activity
NOTE Confidence: 0.871862875294118
00:11:22.291 --> 00:11:23.599 and eye movements are,
NOTE Confidence: 0.871862875294118
00:11:23.600 --> 00:11:25.160 they're less pronounced,
NOTE Confidence: 0.871862875294118

00:11:25.160 --> 00:11:27.920 but it's it's still important for growth,
NOTE Confidence: 0.871862875294118

00:11:27.920 --> 00:11:29.660 immune function and restoration
NOTE Confidence: 0.871862875294118

00:11:29.660 --> 00:11:31.400 of the body's energy,
NOTE Confidence: 0.871862875294118

00:11:31.400 --> 00:11:32.676 particularly in stage 3,
NOTE Confidence: 0.871862875294118

00:11:32.676 --> 00:11:35.359 which we refer to as slow wave sleep.
NOTE Confidence: 0.871862875294118

00:11:35.360 --> 00:11:38.120 That's the portion of sleep where
NOTE Confidence: 0.871862875294118

00:11:38.120 --> 00:11:40.400 growth hormone is released and
NOTE Confidence: 0.871862875294118

00:11:40.400 --> 00:11:42.160 where it's very restorative.
NOTE Confidence: 0.871862875294118

00:11:42.160 --> 00:11:43.309 So I spent,
NOTE Confidence: 0.871862875294118

00:11:43.309 --> 00:11:47.240 I in my first grant as at age 23 and,
NOTE Confidence: 0.871862875294118

00:11:47.240 --> 00:11:48.300 and back up to,
NOTE Confidence: 0.871862875294118

00:11:48.300 --> 00:11:49.360 I was studying sleep,
NOTE Confidence: 0.871862875294118

00:11:49.360 --> 00:11:51.236 which I'll talk about a little bit,
NOTE Confidence: 0.871862875294118

00:11:51.240 --> 00:11:51.969 but I started,
NOTE Confidence: 0.871862875294118

00:11:51.969 --> 00:11:53.427 I was offered an opportunity to
NOTE Confidence: 0.871862875294118

00:11:53.427 --> 00:11:55.378 work as a nurse practitioner in our

NOTE Confidence: 0.871862875294118

00:11:55.378 --> 00:11:56.920 pediatric sleep clinic here at Yale.

NOTE Confidence: 0.871862875294118

00:11:56.920 --> 00:11:58.640 And so I did that for five years.

NOTE Confidence: 0.871862875294118

00:11:58.640 --> 00:12:01.475 And when I would look at polythenography,

NOTE Confidence: 0.871862875294118

00:12:01.480 --> 00:12:03.312 I'm really interested in,

NOTE Confidence: 0.871862875294118

00:12:03.312 --> 00:12:05.602 you would see sometimes patients

NOTE Confidence: 0.871862875294118

00:12:05.602 --> 00:12:08.315 that would tell you that they have,

NOTE Confidence: 0.872913619

00:12:08.320 --> 00:12:10.140 you know, 8/10/12 hours of

NOTE Confidence: 0.872913619

00:12:10.140 --> 00:12:11.960 sleep depending on their age,

NOTE Confidence: 0.872913619

00:12:11.960 --> 00:12:14.396 but the percentage of their slow wave

NOTE Confidence: 0.872913619

00:12:14.396 --> 00:12:17.158 sleep and REM sleep would be very low.

NOTE Confidence: 0.872913619

00:12:17.160 --> 00:12:20.360 So we typically want to see 25% in each of

NOTE Confidence: 0.872913619

00:12:20.360 --> 00:12:23.360 those stages and 50% in stage one and two.

NOTE Confidence: 0.872913619

00:12:23.360 --> 00:12:26.104 And this often maybe helped me to explain

NOTE Confidence: 0.872913619

00:12:26.104 --> 00:12:28.678 that even though you're sleeping for,

NOTE Confidence: 0.872913619

00:12:28.680 --> 00:12:30.199 you know, the recommended amount of time,

NOTE Confidence: 0.872913619

00:12:30.200 --> 00:12:31.400 if you don't feel rested,
NOTE Confidence: 0.872913619

00:12:31.400 --> 00:12:33.590 it's likely that you're not getting
NOTE Confidence: 0.872913619

00:12:33.590 --> 00:12:35.799 enough low wave in REM sleep.
NOTE Confidence: 0.872913619

00:12:35.800 --> 00:12:38.996 So these stages are important for
NOTE Confidence: 0.872913619

00:12:38.996 --> 00:12:40.576 the overall brain development and
NOTE Confidence: 0.872913619

00:12:40.576 --> 00:12:42.634 their well-being and a balanced sleep
NOTE Confidence: 0.872913619

00:12:42.634 --> 00:12:44.479 schedule that includes both R.E.M.
NOTE Confidence: 0.872913619

00:12:44.480 --> 00:12:45.620 and non R.E.M.
NOTE Confidence: 0.872913619

00:12:45.620 --> 00:12:47.373 is crucial for children's
NOTE Confidence: 0.872913619

00:12:47.373 --> 00:12:48.599 overall development.
NOTE Confidence: 0.872913619

00:12:48.599 --> 00:12:50.438 And where this,
NOTE Confidence: 0.872913619

00:12:50.440 --> 00:12:52.372 what is important is I think
NOTE Confidence: 0.872913619

00:12:52.372 --> 00:12:54.528 a question we're going to talk
NOTE Confidence: 0.872913619

00:12:54.528 --> 00:12:56.518 up today about sleep health
NOTE Confidence: 0.872913619

00:12:56.518 --> 00:12:57.712 disparities and inequities.
NOTE Confidence: 0.743001996363636

00:13:00.600 --> 00:13:02.188 The literature suggests that

NOTE Confidence: 0.743001996363636

00:13:02.188 --> 00:13:04.173 sleep health and equities in

NOTE Confidence: 0.743001996363636

00:13:04.173 --> 00:13:06.499 early childhood that they're very,

NOTE Confidence: 0.743001996363636

00:13:06.499 --> 00:13:09.097 they're highly significant if you're just

NOTE Confidence: 0.743001996363636

00:13:09.097 --> 00:13:11.438 looking at night time sleep duration.

NOTE Confidence: 0.743001996363636

00:13:11.440 --> 00:13:13.680 But if you include 24 hour sleep,

NOTE Confidence: 0.743001996363636

00:13:13.680 --> 00:13:17.208 they include the nap, the inequity

NOTE Confidence: 0.743001996363636

00:13:17.208 --> 00:13:19.402 actually becomes less significant.

NOTE Confidence: 0.743001996363636

00:13:19.402 --> 00:13:23.520 And so the the thinking is that for

NOTE Confidence: 0.743001996363636

00:13:23.520 --> 00:13:26.400 minoritized race and ethnic groups

NOTE Confidence: 0.743001996363636

00:13:26.400 --> 00:13:29.700 that children are having longer and

NOTE Confidence: 0.743001996363636

00:13:29.700 --> 00:13:32.560 more naps and sleeping less at night.

NOTE Confidence: 0.743001996363636

00:13:32.560 --> 00:13:34.680 And so I think the question remains, what is,

NOTE Confidence: 0.790323

00:13:37.000 --> 00:13:39.040 what does that mean for health?

NOTE Confidence: 0.790323

00:13:39.040 --> 00:13:41.320 Are we, is it the 24 hours sleep

NOTE Confidence: 0.790323

00:13:41.320 --> 00:13:43.208 that's most associated with positive

NOTE Confidence: 0.790323

00:13:43.208 --> 00:13:45.698 health outcomes or the night time
NOTE Confidence: 0.790323

00:13:45.698 --> 00:13:48.198 sleep duration that's most important?
NOTE Confidence: 0.790323

00:13:48.200 --> 00:13:50.234 And I personally hypothesize that it's
NOTE Confidence: 0.790323

00:13:50.234 --> 00:13:52.317 the night time sleep duration because
NOTE Confidence: 0.790323

00:13:52.317 --> 00:13:54.648 of the multiple sleep cycles that we
NOTE Confidence: 0.790323

00:13:54.648 --> 00:13:56.996 have to go that we go through at night.
NOTE Confidence: 0.790323

00:13:57.000 --> 00:13:59.072 And if we're, if we have a shorter
NOTE Confidence: 0.790323

00:13:59.072 --> 00:14:00.838 period of sleep at night time,
NOTE Confidence: 0.790323

00:14:00.840 --> 00:14:04.445 I, I wonder if some of the health
NOTE Confidence: 0.790323

00:14:04.445 --> 00:14:06.470 inequities we're seeing could be
NOTE Confidence: 0.790323

00:14:06.470 --> 00:14:08.084 somewhat explained, you know,
NOTE Confidence: 0.790323

00:14:08.084 --> 00:14:10.094 partially explained by having fewer
NOTE Confidence: 0.790323

00:14:10.094 --> 00:14:12.013 cycles and therefore less opportunity
NOTE Confidence: 0.790323

00:14:12.013 --> 00:14:14.597 to get to slow weight and REM sleep,
NOTE Confidence: 0.790323

00:14:14.600 --> 00:14:15.856 which by the way,
NOTE Confidence: 0.790323

00:14:15.856 --> 00:14:17.740 don't happen until later in the

NOTE Confidence: 0.790323

00:14:17.806 --> 00:14:18.958 night time period.

NOTE Confidence: 0.790323

00:14:18.960 --> 00:14:21.235 So I hope that makes sense that,

NOTE Confidence: 0.790323

00:14:21.240 --> 00:14:22.760 you know, quicker or shorter,

NOTE Confidence: 0.790323

00:14:22.760 --> 00:14:24.992 even a longer nap during the day is

NOTE Confidence: 0.790323

00:14:24.992 --> 00:14:27.165 not going to give you multiple cycles

NOTE Confidence: 0.790323

00:14:27.165 --> 00:14:29.399 of slow wave sleep and REM sleep.

NOTE Confidence: 0.790323

00:14:29.400 --> 00:14:30.750 And in fact,

NOTE Confidence: 0.790323

00:14:30.750 --> 00:14:33.000 we diagnosed narcolepsy by looking

NOTE Confidence: 0.790323

00:14:33.000 --> 00:14:35.160 whether or not somebody would

NOTE Confidence: 0.790323

00:14:35.160 --> 00:14:38.360 get into REM sleep and,

NOTE Confidence: 0.790323

00:14:38.360 --> 00:14:40.915 and a short 20 minute nap period.

NOTE Confidence: 0.790323

00:14:40.920 --> 00:14:44.720 You should not get to REM in a short nap.

NOTE Confidence: 0.8318269933333333

00:14:47.240 --> 00:14:48.895 So there are multiple factors

NOTE Confidence: 0.8318269933333333

00:14:48.895 --> 00:14:51.044 that would affect sleep and early

NOTE Confidence: 0.8318269933333333

00:14:51.044 --> 00:14:53.880 childhood screen time is one of them.

NOTE Confidence: 0.8318269933333333

00:14:53.880 --> 00:14:56.435 I there was a recent call for
NOTE Confidence: 0.8318269933333333

00:14:56.435 --> 00:14:58.545 children and screen foundation for
NOTE Confidence: 0.8318269933333333

00:14:58.545 --> 00:15:00.816 looking at screen use and infancy.
NOTE Confidence: 0.8318269933333333

00:15:00.816 --> 00:15:02.486 And when somebody sent me
NOTE Confidence: 0.8318269933333333

00:15:02.486 --> 00:15:04.080 the call for proposals,
NOTE Confidence: 0.8318269933333333

00:15:04.080 --> 00:15:05.704 I thought that's ridiculous,
NOTE Confidence: 0.8318269933333333

00:15:05.704 --> 00:15:08.480 you know, under one years of age.
NOTE Confidence: 0.8318269933333333

00:15:08.480 --> 00:15:10.868 But actually when I submitted and
NOTE Confidence: 0.8318269933333333

00:15:10.868 --> 00:15:13.343 that proposal did end up submitting
NOTE Confidence: 0.8318269933333333

00:15:13.343 --> 00:15:17.335 a proposal and on that 35% of infants
NOTE Confidence: 0.8318269933333333

00:15:17.335 --> 00:15:20.714 actually have their own moving device.
NOTE Confidence: 0.8318269933333333

00:15:20.714 --> 00:15:24.072 So it's being used quite often
NOTE Confidence: 0.8318269933333333

00:15:24.072 --> 00:15:25.960 even in early childhood.
NOTE Confidence: 0.8318269933333333

00:15:25.960 --> 00:15:29.200 Bedtime routines are extremely important,
NOTE Confidence: 0.8318269933333333

00:15:29.200 --> 00:15:34.240 but often this not well described
NOTE Confidence: 0.8318269933333333

00:15:34.240 --> 00:15:37.106 not just in terms of the content

NOTE Confidence: 0.8318269933333333
00:15:37.106 --> 00:15:38.598 of the bedtime routine,
NOTE Confidence: 0.8318269933333333
00:15:38.600 --> 00:15:42.980 but also how to structure them and
NOTE Confidence: 0.8318269933333333
00:15:42.980 --> 00:15:44.964 the importance of routines in general.
NOTE Confidence: 0.8318269933333333
00:15:44.964 --> 00:15:46.770 But how is that a recommended
NOTE Confidence: 0.8318269933333333
00:15:46.835 --> 00:15:48.424 sleep bedtime routine would be,
NOTE Confidence: 0.8318269933333333
00:15:48.424 --> 00:15:49.076 you know,
NOTE Confidence: 0.8318269933333333
00:15:49.080 --> 00:15:52.872 2020 minutes or so with the same thing
NOTE Confidence: 0.8318269933333333
00:15:52.872 --> 00:15:56.240 being done consistently each night.
NOTE Confidence: 0.8318269933333333
00:15:56.240 --> 00:15:58.388 Routines we're finding are
NOTE Confidence: 0.8318269933333333
00:15:58.388 --> 00:16:01.626 incredibly helpful for for young
NOTE Confidence: 0.8318269933333333
00:16:01.626 --> 00:16:03.240 children sleep environment.
NOTE Confidence: 0.8318269933333333
00:16:03.240 --> 00:16:04.840 So having a dark,
NOTE Confidence: 0.8318269933333333
00:16:04.840 --> 00:16:05.343 quiet,
NOTE Confidence: 0.8318269933333333
00:16:05.343 --> 00:16:06.852 comfortable sleep environment
NOTE Confidence: 0.8318269933333333
00:16:06.852 --> 00:16:08.361 with comfortable temperatures
NOTE Confidence: 0.8318269933333333

00:16:08.361 --> 00:16:10.380 and middle distract distractions
NOTE Confidence: 0.8318269933333333

00:16:10.380 --> 00:16:12.160 can promote better sleep.
NOTE Confidence: 0.8318269933333333

00:16:12.160 --> 00:16:14.638 I had what was an older,
NOTE Confidence: 0.8318269933333333

00:16:14.640 --> 00:16:16.159 I had a case in a clinic.
NOTE Confidence: 0.859846864545455

00:16:18.240 --> 00:16:21.003 Want to say, let me preface this to say
NOTE Confidence: 0.859846864545455

00:16:21.003 --> 00:16:23.813 that when we're working with families and
NOTE Confidence: 0.859846864545455

00:16:23.813 --> 00:16:26.759 asking them about the sleep environment,
NOTE Confidence: 0.859846864545455

00:16:26.760 --> 00:16:29.060 really being thoughtful about asking
NOTE Confidence: 0.859846864545455

00:16:29.060 --> 00:16:31.360 questions about where children sleep.
NOTE Confidence: 0.859846864545455

00:16:31.360 --> 00:16:33.015 Families are bringing their children
NOTE Confidence: 0.859846864545455

00:16:33.015 --> 00:16:35.080 into the back of the house.
NOTE Confidence: 0.859846864545455

00:16:35.080 --> 00:16:37.942 So they're further away from gun violence,
NOTE Confidence: 0.859846864545455

00:16:37.942 --> 00:16:39.797 further away from the front,
NOTE Confidence: 0.859846864545455

00:16:39.800 --> 00:16:43.320 from the door, quieter.
NOTE Confidence: 0.859846864545455

00:16:43.320 --> 00:16:46.440 They are often crowded homes.
NOTE Confidence: 0.859846864545455

00:16:46.440 --> 00:16:49.411 I've done home visits where where

NOTE Confidence: 0.859846864545455
00:16:49.411 --> 00:16:51.877 the space was for sleeping and,
NOTE Confidence: 0.859846864545455
00:16:51.880 --> 00:16:53.640 and the space that the family had in
NOTE Confidence: 0.859846864545455
00:16:53.640 --> 00:16:55.712 the in a friend's house was a bed and
NOTE Confidence: 0.859846864545455
00:16:55.712 --> 00:16:57.305 a dresser and there wasn't even room
NOTE Confidence: 0.859846864545455
00:16:57.305 --> 00:16:59.548 for me to sit to do the home visit.
NOTE Confidence: 0.859846864545455
00:16:59.548 --> 00:17:01.760 So I was standing during that time.
NOTE Confidence: 0.859846864545455
00:17:01.760 --> 00:17:04.320 And so when we're asking about Co sleeping,
NOTE Confidence: 0.859846864545455
00:17:04.320 --> 00:17:05.796 we're really we need to understand,
NOTE Confidence: 0.859846864545455
00:17:05.800 --> 00:17:08.020 is it intentional reactional,
NOTE Confidence: 0.859846864545455
00:17:08.020 --> 00:17:10.960 or is there something, you know,
NOTE Confidence: 0.859846864545455
00:17:10.960 --> 00:17:12.760 socio economically that's going on
NOTE Confidence: 0.859846864545455
00:17:12.760 --> 00:17:15.201 that maybe they weren't able to either
NOTE Confidence: 0.859846864545455
00:17:15.201 --> 00:17:18.008 afford a a separate space or they
NOTE Confidence: 0.859846864545455
00:17:18.008 --> 00:17:20.437 physically don't have a separate space.
NOTE Confidence: 0.859846864545455
00:17:20.440 --> 00:17:25.720 Caffeine intake is an interrupter in sleep,
NOTE Confidence: 0.859846864545455

00:17:25.720 --> 00:17:28.175 stress and anxiety and also
NOTE Confidence: 0.859846864545455

00:17:28.175 --> 00:17:29.157 physical activity.
NOTE Confidence: 0.859846864545455

00:17:29.160 --> 00:17:30.096 As we know,
NOTE Confidence: 0.859846864545455

00:17:30.096 --> 00:17:31.968 many kids are not getting adequate
NOTE Confidence: 0.859846864545455

00:17:31.968 --> 00:17:33.360 physical activity activity.
NOTE Confidence: 0.859846864545455

00:17:33.360 --> 00:17:34.656 And so there's quite a connection
NOTE Confidence: 0.859846864545455

00:17:34.656 --> 00:17:35.520 there with with sleep.
NOTE Confidence: 0.861980173076923

00:17:38.080 --> 00:17:40.124 So we all know that early brain
NOTE Confidence: 0.861980173076923

00:17:40.124 --> 00:17:42.039 development that genes are the blueprint,
NOTE Confidence: 0.861980173076923

00:17:42.040 --> 00:17:44.998 but that what really kind of
NOTE Confidence: 0.861980173076923

00:17:45.000 --> 00:17:46.900 shapes the brain development is
NOTE Confidence: 0.861980173076923

00:17:46.900 --> 00:17:48.800 are there are our experiences.
NOTE Confidence: 0.861980173076923

00:17:48.800 --> 00:17:51.138 So whether or not a solid brain
NOTE Confidence: 0.861980173076923

00:17:51.138 --> 00:17:53.448 will provide a weak or strong
NOTE Confidence: 0.861980173076923

00:17:53.448 --> 00:17:55.503 foundation for future learning is
NOTE Confidence: 0.861980173076923

00:17:55.503 --> 00:17:57.480 is the experiences are very key.

NOTE Confidence: 0.861980173076923
00:17:57.480 --> 00:17:59.419 And I would say sleep and at
NOTE Confidence: 0.861980173076923
00:17:59.419 --> 00:18:01.359 bedtime routine is one of those
NOTE Confidence: 0.861980173076923
00:18:01.359 --> 00:18:02.751 opportunities for experiences to
NOTE Confidence: 0.861980173076923
00:18:02.751 --> 00:18:06.839 help to build a stronger connection.
NOTE Confidence: 0.861980173076923
00:18:06.840 --> 00:18:08.160 As William Dement,
NOTE Confidence: 0.861980173076923
00:18:08.160 --> 00:18:11.360 who is a sleep expert, has said,
NOTE Confidence: 0.861980173076923
00:18:11.360 --> 00:18:13.998 adequate sleep is essential for the
NOTE Confidence: 0.861980173076923
00:18:13.998 --> 00:18:15.274 proper development and maturation
NOTE Confidence: 0.861980173076923
00:18:15.274 --> 00:18:17.418 of the brain and to facilitate
NOTE Confidence: 0.861980173076923
00:18:17.418 --> 00:18:19.428 the consolidation of memories and
NOTE Confidence: 0.861980173076923
00:18:19.428 --> 00:18:22.040 processing of information and overall
NOTE Confidence: 0.861980173076923
00:18:22.040 --> 00:18:24.840 optimization of cognitive functions.
NOTE Confidence: 0.861980173076923
00:18:24.840 --> 00:18:27.672 This is just a timeline associated
NOTE Confidence: 0.861980173076923
00:18:27.672 --> 00:18:30.639 with where sleep plays a role here.
NOTE Confidence: 0.861980173076923
00:18:30.640 --> 00:18:32.992 So at two to three months there's
NOTE Confidence: 0.861980173076923

00:18:32.992 --> 00:18:34.816 the emergence of sleep wake
NOTE Confidence: 0.861980173076923

00:18:34.816 --> 00:18:37.036 cycles before two to three months
NOTE Confidence: 0.861980173076923

00:18:37.040 --> 00:18:39.680 sleep in children is 50% R.E.M.
NOTE Confidence: 0.861980173076923

00:18:39.680 --> 00:18:41.280 and 50% non R.E.M.,
NOTE Confidence: 0.861980173076923

00:18:41.280 --> 00:18:45.216 only two stages and they are
NOTE Confidence: 0.861980173076923

00:18:45.216 --> 00:18:48.458 not regulated by the by light.
NOTE Confidence: 0.861980173076923

00:18:48.458 --> 00:18:50.930 So when we talk about not doing any
NOTE Confidence: 0.861980173076923

00:18:51.008 --> 00:18:53.278 sleep training before six months,
NOTE Confidence: 0.861980173076923

00:18:53.280 --> 00:18:57.079 this early age group particularly it,
NOTE Confidence: 0.861980173076923

00:18:57.079 --> 00:18:59.311 it would be futile to try to change
NOTE Confidence: 0.861980173076923

00:18:59.311 --> 00:19:01.802 any of the sleep patterns at this
NOTE Confidence: 0.861980173076923

00:19:01.802 --> 00:19:03.560 early age because they're not,
NOTE Confidence: 0.861980173076923

00:19:03.560 --> 00:19:06.484 they're not even into the sleep cycles yet.
NOTE Confidence: 0.861980173076923

00:19:06.484 --> 00:19:08.196 At around six months,
NOTE Confidence: 0.861980173076923

00:19:08.200 --> 00:19:10.090 we start to see an increase in
NOTE Confidence: 0.861980173076923

00:19:10.090 --> 00:19:11.520 consolidation of night time sleep,

NOTE Confidence: 0.861980173076923
00:19:11.520 --> 00:19:16.495 so more regular nap and the majority of
NOTE Confidence: 0.861980173076923
00:19:16.495 --> 00:19:19.759 that period of sleep happening at night,
NOTE Confidence: 0.861980173076923
00:19:19.760 --> 00:19:20.845 as well as the development
NOTE Confidence: 0.861980173076923
00:19:20.845 --> 00:19:21.713 of the sleep stages.
NOTE Confidence: 0.861980173076923
00:19:21.720 --> 00:19:23.232 So the earliest we would even
NOTE Confidence: 0.861980173076923
00:19:23.232 --> 00:19:24.720 really talk about sleep training,
NOTE Confidence: 0.861980173076923
00:19:24.720 --> 00:19:26.596 if that's something that the family wanted,
NOTE Confidence: 0.861980173076923
00:19:26.600 --> 00:19:28.288 would be 6 months.
NOTE Confidence: 0.861980173076923
00:19:28.288 --> 00:19:30.398 And then around 12 months,
NOTE Confidence: 0.861980173076923
00:19:30.400 --> 00:19:33.231 we see the maturation of the sleep cycles
NOTE Confidence: 0.861980173076923
00:19:33.231 --> 00:19:36.679 to be more similar to an adult pattern,
NOTE Confidence: 0.861980173076923
00:19:36.680 --> 00:19:40.392 but there's still recommendation
NOTE Confidence: 0.861980173076923
00:19:40.392 --> 00:19:42.240 of sleep recommendation.
NOTE Confidence: 0.861980173076923
00:19:42.240 --> 00:19:43.620 Duration recommendation is
NOTE Confidence: 0.861980173076923
00:19:43.620 --> 00:19:45.920 about half the time sleeping,
NOTE Confidence: 0.861980173076923

00:19:45.920 --> 00:19:47.460 half the time awake and
NOTE Confidence: 0.861980173076923

00:19:47.460 --> 00:19:49.000 and build this young age,
NOTE Confidence: 0.861980173076923

00:19:49.000 --> 00:19:52.942 which I think speaks to their the
NOTE Confidence: 0.861980173076923

00:19:52.942 --> 00:19:55.234 need of sleep for their development.
NOTE Confidence: 0.861980173076923

00:19:55.240 --> 00:19:56.640 And then at 24 months,
NOTE Confidence: 0.861980173076923

00:19:56.640 --> 00:19:58.452 there's a continued refinement
NOTE Confidence: 0.861980173076923

00:19:58.452 --> 00:20:00.264 of their sleep architecture
NOTE Confidence: 0.861980173076923

00:20:00.264 --> 00:20:04.440 and typically more scheduled.
NOTE Confidence: 0.861980173076923

00:20:04.440 --> 00:20:06.448 Nap around 18 months,
NOTE Confidence: 0.861980173076923

00:20:06.448 --> 00:20:10.918 they would likely go from 2:00 to to one nap.
NOTE Confidence: 0.861980173076923

00:20:10.920 --> 00:20:13.496 This is one of my favorite slides
NOTE Confidence: 0.861980173076923

00:20:13.496 --> 00:20:15.536 to highlight the role of sleep.
NOTE Confidence: 0.861980173076923

00:20:15.536 --> 00:20:17.480 And so you've probably seen this
NOTE Confidence: 0.861980173076923

00:20:17.480 --> 00:20:19.340 type of slide before where there
NOTE Confidence: 0.861980173076923

00:20:19.340 --> 00:20:20.915 are these sensitive periods of
NOTE Confidence: 0.861980173076923

00:20:20.915 --> 00:20:22.315 brain development and at the

NOTE Confidence: 0.861980173076923

00:20:22.315 --> 00:20:24.600 bottom the year years of age.

NOTE Confidence: 0.861980173076923

00:20:24.600 --> 00:20:26.700 And what I think is something to

NOTE Confidence: 0.861980173076923

00:20:26.700 --> 00:20:28.764 highlight is that this is the

NOTE Confidence: 0.861980173076923

00:20:28.764 --> 00:20:30.228 period where sleep consolidation

NOTE Confidence: 0.861980173076923

00:20:30.228 --> 00:20:32.396 is happening and whether all of

NOTE Confidence: 0.861980173076923

00:20:32.396 --> 00:20:34.400 what I just described is happening.

NOTE Confidence: 0.861980173076923

00:20:34.400 --> 00:20:38.156 And so it's it's happening these

NOTE Confidence: 0.861980173076923

00:20:38.156 --> 00:20:40.034 very sensitive periods.

NOTE Confidence: 0.861980173076923

00:20:40.040 --> 00:20:42.756 So I see sleep as an opportunity

NOTE Confidence: 0.861980173076923

00:20:42.760 --> 00:20:44.464 again to intervene.

NOTE Confidence: 0.861980173076923

00:20:44.464 --> 00:20:48.132 One of the things that I would

NOTE Confidence: 0.861980173076923

00:20:48.132 --> 00:20:50.148 like to add is that sleep is a

NOTE Confidence: 0.861980173076923

00:20:50.148 --> 00:20:51.718 potential buffer to toxic stress.

NOTE Confidence: 0.861980173076923

00:20:51.720 --> 00:20:54.280 And I think we haven't studied that enough.

NOTE Confidence: 0.861980173076923

00:20:54.280 --> 00:20:57.622 I had the privilege of Co authoring a

NOTE Confidence: 0.861980173076923

00:20:57.622 --> 00:21:00.359 chapter with Doctor Judy Owens at Harvard,

NOTE Confidence: 0.547206846

00:21:00.360 --> 00:21:03.640 who's like the pediatric sleep

NOTE Confidence: 0.547206846

00:21:03.640 --> 00:21:05.758 mother pediatric sleep, I would say.

NOTE Confidence: 0.547206846

00:21:05.760 --> 00:21:08.324 And it was in the first social textbook

NOTE Confidence: 0.547206846

00:21:08.324 --> 00:21:10.634 on social epidemiology of sleep.

NOTE Confidence: 0.547206846

00:21:10.640 --> 00:21:14.296 And in this chapter we just tried to

NOTE Confidence: 0.547206846

00:21:14.296 --> 00:21:18.079 highlight a lot of the things that of the

NOTE Confidence: 0.547206846

00:21:18.080 --> 00:21:23.255 so the how's sleep and look and among

NOTE Confidence: 0.547206846

00:21:23.255 --> 00:21:25.515 children with socioeconomic adversity.

NOTE Confidence: 0.547206846

00:21:25.520 --> 00:21:27.160 We've already talked about

NOTE Confidence: 0.547206846

00:21:27.160 --> 00:21:28.800 how important it is.

NOTE Confidence: 0.547206846

00:21:28.800 --> 00:21:30.822 What we haven't talked about is

NOTE Confidence: 0.547206846

00:21:30.822 --> 00:21:32.955 how young children often do not

NOTE Confidence: 0.547206846

00:21:32.955 --> 00:21:35.099 obtain sufficient sleep and this can

NOTE Confidence: 0.547206846

00:21:35.099 --> 00:21:37.771 really lead to poor health risks.

NOTE Confidence: 0.547206846

00:21:37.771 --> 00:21:38.308 Specifically,

NOTE Confidence: 0.547206846

00:21:38.308 --> 00:21:41.872 25 to 40% of children before the

NOTE Confidence: 0.547206846

00:21:41.872 --> 00:21:44.800 age of four are sleep deficient.

NOTE Confidence: 0.547206846

00:21:44.800 --> 00:21:47.600 And this continues on across and to

NOTE Confidence: 0.547206846

00:21:47.600 --> 00:21:48.955 throughout childhood, adolescence.

NOTE Confidence: 0.547206846

00:21:48.955 --> 00:21:52.285 The goal of Healthy People 20-30

NOTE Confidence: 0.547206846

00:21:52.285 --> 00:21:55.840 now is to get 1/3 of adolescents

NOTE Confidence: 0.547206846

00:21:55.840 --> 00:21:58.760 to have adequate sleep.

NOTE Confidence: 0.547206846

00:21:58.760 --> 00:22:00.848 So more than 2/3 of adolescents

NOTE Confidence: 0.547206846

00:22:00.848 --> 00:22:02.680 are not getting adequate sleep,

NOTE Confidence: 0.547206846

00:22:02.680 --> 00:22:04.888 and even more than that by

NOTE Confidence: 0.547206846

00:22:04.888 --> 00:22:06.360 the time they're four.

NOTE Confidence: 0.547206846

00:22:06.360 --> 00:22:08.565 There's also been emerging research

NOTE Confidence: 0.547206846

00:22:08.565 --> 00:22:10.329 suggesting that sleep disparities

NOTE Confidence: 0.547206846

00:22:10.329 --> 00:22:12.477 occur as early as one year of age.

NOTE Confidence: 0.547206846

00:22:12.480 --> 00:22:14.960 This is happening very early.

NOTE Confidence: 0.547206846

00:22:14.960 --> 00:22:16.934 And they as we know that race
NOTE Confidence: 0.547206846

00:22:16.934 --> 00:22:18.910 and ethnicity as these are all
NOTE Confidence: 0.547206846

00:22:18.910 --> 00:22:20.675 social constructs should not be,
NOTE Confidence: 0.547206846

00:22:20.680 --> 00:22:22.120 you know,
NOTE Confidence: 0.547206846

00:22:22.120 --> 00:22:25.704 biologically explained why we're seeing
NOTE Confidence: 0.547206846

00:22:25.704 --> 00:22:29.100 these sleep disparities and we need
NOTE Confidence: 0.547206846

00:22:29.100 --> 00:22:31.800 to have more behavioral sleep interventions.
NOTE Confidence: 0.547206846

00:22:31.800 --> 00:22:33.844 But BFIS behavioral sleep
NOTE Confidence: 0.547206846

00:22:33.844 --> 00:22:36.399 interventions and tested with diverse
NOTE Confidence: 0.547206846

00:22:36.400 --> 00:22:38.680 multi ethnic low income children,
NOTE Confidence: 0.547206846

00:22:38.680 --> 00:22:41.288 most of the we have found that behavioral
NOTE Confidence: 0.547206846

00:22:41.288 --> 00:22:43.119 sleep interventions are highly effective,
NOTE Confidence: 0.547206846

00:22:43.120 --> 00:22:45.514 but they have been predominantly tested
NOTE Confidence: 0.547206846

00:22:45.514 --> 00:22:48.280 with a white middle class population.
NOTE Confidence: 0.769014471538461

00:22:52.080 --> 00:22:55.072 So as I mentioned about sleep as a
NOTE Confidence: 0.769014471538461

00:22:55.072 --> 00:22:57.800 potential buffer to toxic stress and I

NOTE Confidence: 0.769014471538461

00:22:57.800 --> 00:23:00.780 started to my first study was looking

NOTE Confidence: 0.769014471538461

00:23:00.780 --> 00:23:03.540 at the emerging link between allsthetic

NOTE Confidence: 0.769014471538461

00:23:03.540 --> 00:23:06.750 load on the body from prolonged stress

NOTE Confidence: 0.769014471538461

00:23:06.750 --> 00:23:09.255 response and sleep disturbances.

NOTE Confidence: 0.769014471538461

00:23:09.255 --> 00:23:15.040 And I want to look at multiple biomarkers

NOTE Confidence: 0.769014471538461

00:23:15.040 --> 00:23:16.881 and some of the Lyrica suggested that

NOTE Confidence: 0.769014471538461

00:23:16.881 --> 00:23:18.224 shorter sleep duration was associated

NOTE Confidence: 0.769014471538461

00:23:18.224 --> 00:23:19.995 with some of the biomarkers like CRP,

NOTE Confidence: 0.769014471538461

00:23:20.000 --> 00:23:23.879 cortisol and BMI.

NOTE Confidence: 0.769014471538461

00:23:23.880 --> 00:23:27.626 So in my case, I studied the extent

NOTE Confidence: 0.769014471538461

00:23:27.626 --> 00:23:29.791 to which socioeconomic adversity was

NOTE Confidence: 0.769014471538461

00:23:29.791 --> 00:23:32.160 associated with sleep characteristics.

NOTE Confidence: 0.769014471538461

00:23:32.160 --> 00:23:35.626 And my hypothesis and specific

NOTE Confidence: 0.769014471538461

00:23:35.626 --> 00:23:38.594 aims were really to to describe

NOTE Confidence: 0.769014471538461

00:23:38.594 --> 00:23:41.479 sleep health and early childhood,

NOTE Confidence: 0.769014471538461

00:23:41.480 --> 00:23:44.332 12 to 15 months of age and to
NOTE Confidence: 0.769014471538461

00:23:44.332 --> 00:23:46.754 examine the extent to which the sleep
NOTE Confidence: 0.769014471538461

00:23:46.754 --> 00:23:48.481 characteristics were associated with
NOTE Confidence: 0.769014471538461

00:23:48.481 --> 00:23:52.720 stress biomarkers and identify some buffers,
NOTE Confidence: 0.769014471538461

00:23:52.720 --> 00:23:56.920 moderators to adversity and stress.
NOTE Confidence: 0.769014471538461

00:23:56.920 --> 00:23:59.512 So the longitudinal cross-sectional
NOTE Confidence: 0.769014471538461

00:23:59.512 --> 00:24:02.044 study for home research visits that I
NOTE Confidence: 0.769014471538461

00:24:02.044 --> 00:24:04.651 did in their home if they allowed me to
NOTE Confidence: 0.769014471538461

00:24:04.651 --> 00:24:07.479 or in a place that was convenient to them,
NOTE Confidence: 0.769014471538461

00:24:07.480 --> 00:24:09.800 included paper and pencil questionnaires,
NOTE Confidence: 0.769014471538461

00:24:09.800 --> 00:24:11.908 ethnography to give us a objective
NOTE Confidence: 0.769014471538461

00:24:11.908 --> 00:24:14.236 measure of sleep. That's something else.
NOTE Confidence: 0.769014471538461

00:24:14.240 --> 00:24:15.770 It's been largely missing a lot
NOTE Confidence: 0.769014471538461

00:24:15.770 --> 00:24:17.160 of self report of sleep,
NOTE Confidence: 0.769014471538461

00:24:17.160 --> 00:24:21.176 but I wanted the objective markers and then
NOTE Confidence: 0.769014471538461

00:24:21.176 --> 00:24:23.878 collected salivary and hair biomarkers.

NOTE Confidence: 0.769014471538461
00:24:23.880 --> 00:24:27.630 This sample was 113 healthy
NOTE Confidence: 0.769014471538461
00:24:27.630 --> 00:24:30.000 toddlers from 12 to 15 months,
NOTE Confidence: 0.769014471538461
00:24:30.000 --> 00:24:31.520 English or Spanish speaking.
NOTE Confidence: 0.769014471538461
00:24:31.520 --> 00:24:33.040 I recruited them primarily
NOTE Confidence: 0.769014471538461
00:24:33.040 --> 00:24:34.998 through the primary care center.
NOTE Confidence: 0.769014471538461
00:24:35.000 --> 00:24:37.760 I looked at adversity, sleep,
NOTE Confidence: 0.769014471538461
00:24:37.760 --> 00:24:39.476 rest response, and then for outcomes,
NOTE Confidence: 0.769014471538461
00:24:39.480 --> 00:24:42.080 looked at behavioral health outcomes,
NOTE Confidence: 0.769014471538461
00:24:42.080 --> 00:24:44.960 looking at the using the,
NOTE Confidence: 0.769014471538461
00:24:44.960 --> 00:24:46.556 the brief and the other social
NOTE Confidence: 0.769014471538461
00:24:46.556 --> 00:24:47.354 and emotional assessments.
NOTE Confidence: 0.836662156896552
00:24:50.640 --> 00:24:51.948 I've faced many challenges.
NOTE Confidence: 0.836662156896552
00:24:51.948 --> 00:24:54.583 One of the things that I want I
NOTE Confidence: 0.836662156896552
00:24:54.583 --> 00:24:56.395 would highlight as if you haven't
NOTE Confidence: 0.836662156896552
00:24:56.395 --> 00:24:58.690 had the opportunity to work with
NOTE Confidence: 0.836662156896552

00:24:58.690 --> 00:25:00.720 the cultural ambassadors at YCCI.
NOTE Confidence: 0.836662156896552

00:25:00.720 --> 00:25:03.800 They're amazing and they really helped me to
NOTE Confidence: 0.873670271428572

00:25:06.280 --> 00:25:09.759 both frame the study to the community,
NOTE Confidence: 0.873670271428572

00:25:09.760 --> 00:25:12.196 but also helped me to address any
NOTE Confidence: 0.873670271428572

00:25:12.196 --> 00:25:14.320 of the challenges that I that I
NOTE Confidence: 0.873670271428572

00:25:14.320 --> 00:25:16.320 came up with and I had. This is
NOTE Confidence: 0.797685088

00:25:18.800 --> 00:25:20.220 it's a separate story but
NOTE Confidence: 0.797685088

00:25:20.220 --> 00:25:21.640 and not for this talk,
NOTE Confidence: 0.797685088

00:25:21.640 --> 00:25:26.850 but I was 10 participants into this
NOTE Confidence: 0.797685088

00:25:26.850 --> 00:25:30.824 when I had a pediatrician in New
NOTE Confidence: 0.797685088

00:25:30.824 --> 00:25:33.510 Haven right to the chief medical
NOTE Confidence: 0.797685088

00:25:33.510 --> 00:25:36.184 officer of Yellow Haven and accused
NOTE Confidence: 0.797685088

00:25:36.184 --> 00:25:38.464 me of scientific misconduct and
NOTE Confidence: 0.797685088

00:25:38.464 --> 00:25:41.062 insisted my study be stopped because
NOTE Confidence: 0.797685088

00:25:41.062 --> 00:25:45.206 I was collecting activity using like
NOTE Confidence: 0.797685088

00:25:45.206 --> 00:25:47.564 a Fitbit type of device which is

NOTE Confidence: 0.797685088

00:25:47.564 --> 00:25:49.398 put on the ankle of the toddlers.

NOTE Confidence: 0.797685088

00:25:49.400 --> 00:25:51.792 And he had said that that was akin

NOTE Confidence: 0.797685088

00:25:51.792 --> 00:25:54.032 to I was traumatizing that toddlers

NOTE Confidence: 0.797685088

00:25:54.032 --> 00:25:57.469 and so it was a very stressful time

NOTE Confidence: 0.797685088

00:25:57.469 --> 00:25:59.999 and the cultural ambassadors were

NOTE Confidence: 0.797685088

00:25:59.999 --> 00:26:04.080 really helpful in navigating that.

NOTE Confidence: 0.797685088

00:26:04.080 --> 00:26:06.000 Obviously I'm still here.

NOTE Confidence: 0.797685088

00:26:06.000 --> 00:26:07.440 So I fortunately,

NOTE Confidence: 0.797685088

00:26:07.440 --> 00:26:10.140 my protocol was was scrutinized

NOTE Confidence: 0.797685088

00:26:10.140 --> 00:26:13.306 and and found to be appropriate,

NOTE Confidence: 0.797685088

00:26:13.306 --> 00:26:15.636 but it also, you know,

NOTE Confidence: 0.797685088

00:26:15.640 --> 00:26:17.585 really does highlight the importance

NOTE Confidence: 0.797685088

00:26:17.585 --> 00:26:19.875 of working when you're working in

NOTE Confidence: 0.797685088

00:26:19.875 --> 00:26:21.708 the community to talk with with

NOTE Confidence: 0.797685088

00:26:21.708 --> 00:26:23.848 those people like the community

NOTE Confidence: 0.797685088

00:26:23.848 --> 00:26:26.492 ambassadors to help you or navigate
NOTE Confidence: 0.797685088

00:26:26.492 --> 00:26:28.356 and and address concerns.
NOTE Confidence: 0.7282251

00:26:31.960 --> 00:26:34.897 This was one of the things people
NOTE Confidence: 0.7282251

00:26:34.897 --> 00:26:37.256 have heard the whole story about what
NOTE Confidence: 0.7282251

00:26:37.256 --> 00:26:39.438 happened when I was 10 participants in.
NOTE Confidence: 0.7282251

00:26:39.440 --> 00:26:40.200 I usually they say I,
NOTE Confidence: 0.7282251

00:26:40.200 --> 00:26:41.520 I can't believe you stayed in.
NOTE Confidence: 0.7282251

00:26:41.520 --> 00:26:43.212 I was a new assistant professor
NOTE Confidence: 0.7282251

00:26:43.212 --> 00:26:45.588 and we had a new Dean that was
NOTE Confidence: 0.7282251

00:26:45.588 --> 00:26:47.358 only here for about 6 weeks.
NOTE Confidence: 0.7282251

00:26:47.360 --> 00:26:48.720 And I said, you know,
NOTE Confidence: 0.7282251

00:26:48.720 --> 00:26:51.344 if it hadn't been for the 1st 10
NOTE Confidence: 0.7282251

00:26:51.344 --> 00:26:53.172 participants and the positive feedback
NOTE Confidence: 0.7282251

00:26:53.172 --> 00:26:54.924 I was getting from the families
NOTE Confidence: 0.7282251

00:26:54.924 --> 00:26:56.760 that wanted me to do this study,
NOTE Confidence: 0.7282251

00:26:56.760 --> 00:26:59.320 I probably would have quit.

NOTE Confidence: 0.7282251

00:26:59.320 --> 00:27:01.945 And examples of how committed

NOTE Confidence: 0.7282251

00:27:01.945 --> 00:27:03.520 these participants were.

NOTE Confidence: 0.7282251

00:27:03.520 --> 00:27:07.640 I wanted to share with you here that,

NOTE Confidence: 0.7282251

00:27:07.640 --> 00:27:08.168 you know,

NOTE Confidence: 0.7282251

00:27:08.168 --> 00:27:10.710 a text message that I got that the family

NOTE Confidence: 0.7282251

00:27:10.710 --> 00:27:13.154 was concerned because they had put their,

NOTE Confidence: 0.7282251

00:27:13.154 --> 00:27:15.233 their child put their foot in a,

NOTE Confidence: 0.7282251

00:27:15.240 --> 00:27:16.095 a mop bucket.

NOTE Confidence: 0.7282251

00:27:16.095 --> 00:27:17.520 And so they were worried.

NOTE Confidence: 0.7282251

00:27:17.520 --> 00:27:20.346 I got A at 6:00 PM from a father

NOTE Confidence: 0.7282251

00:27:20.346 --> 00:27:22.912 who told me that he was sorry he

NOTE Confidence: 0.7282251

00:27:22.912 --> 00:27:24.580 had he's been at the hospital

NOTE Confidence: 0.7282251

00:27:24.650 --> 00:27:26.596 all day because his child was at

NOTE Confidence: 0.7282251

00:27:26.596 --> 00:27:29.990 the daycare center and had pulled

NOTE Confidence: 0.7282251

00:27:29.990 --> 00:27:32.872 off the fire extinguisher off the

NOTE Confidence: 0.7282251

00:27:32.872 --> 00:27:36.213 wall and it landed on his toe and
NOTE Confidence: 0.7282251

00:27:36.213 --> 00:27:38.519 amputated a portion of his toe.
NOTE Confidence: 0.7282251

00:27:38.520 --> 00:27:40.760 And he wanted to let me know that,
NOTE Confidence: 0.7282251

00:27:40.760 --> 00:27:42.092 you know,
NOTE Confidence: 0.7282251

00:27:42.092 --> 00:27:44.764 that they that he went back to
NOTE Confidence: 0.7282251

00:27:44.764 --> 00:27:46.395 the daycare and retrieved the
NOTE Confidence: 0.7282251

00:27:46.395 --> 00:27:47.998 lot for me to act a lot.
NOTE Confidence: 0.7282251

00:27:48.000 --> 00:27:50.648 I was just overwhelmed that he
NOTE Confidence: 0.7282251

00:27:50.648 --> 00:27:52.674 thought to call me and he clearly was
NOTE Confidence: 0.7282251

00:27:52.674 --> 00:27:54.515 dealing with a trauma with his child.
NOTE Confidence: 0.7282251

00:27:54.520 --> 00:27:56.669 But they were just so everyone,
NOTE Confidence: 0.7282251

00:27:56.669 --> 00:27:58.614 the participants were so wonderful
NOTE Confidence: 0.7282251

00:27:58.614 --> 00:28:01.171 to work with and it kept validating
NOTE Confidence: 0.7282251

00:28:01.171 --> 00:28:03.645 this is an area that they want to
NOTE Confidence: 0.7282251

00:28:03.645 --> 00:28:05.355 investigate and they want help with.
NOTE Confidence: 0.897134862857143

00:28:07.560 --> 00:28:09.800 I talked about the study design already.

NOTE Confidence: 0.897134862857143
00:28:09.800 --> 00:28:11.480 This is a picture of the actor
NOTE Confidence: 0.897134862857143
00:28:11.480 --> 00:28:13.035 graph on the right hand side
NOTE Confidence: 0.897134862857143
00:28:13.035 --> 00:28:14.834 that I said was like a Fitbit.
NOTE Confidence: 0.897134862857143
00:28:14.840 --> 00:28:17.504 And you'll notice that it had now I covered
NOTE Confidence: 0.897134862857143
00:28:17.504 --> 00:28:19.999 it with a colorful duct tape when I,
NOTE Confidence: 0.897134862857143
00:28:20.000 --> 00:28:22.720 I had not done that before the
NOTE Confidence: 0.897134862857143
00:28:22.720 --> 00:28:25.354 complaint had come in and I 'cause
NOTE Confidence: 0.897134862857143
00:28:25.354 --> 00:28:27.020 I had thought I would just keep
NOTE Confidence: 0.897134862857143
00:28:27.075 --> 00:28:28.770 it sort of neutral and, and,
NOTE Confidence: 0.897134862857143
00:28:28.770 --> 00:28:31.920 you know, not call attention to it.
NOTE Confidence: 0.897134862857143
00:28:31.920 --> 00:28:33.080 But then I thought, well,
NOTE Confidence: 0.897134862857143
00:28:33.080 --> 00:28:35.720 maybe it's better for me to make it
NOTE Confidence: 0.897134862857143
00:28:35.720 --> 00:28:38.438 look more playful and more childlike.
NOTE Confidence: 0.897134862857143
00:28:38.440 --> 00:28:41.275 So one of the things I did was to
NOTE Confidence: 0.897134862857143
00:28:41.280 --> 00:28:43.998 try and come up with an idea was to
NOTE Confidence: 0.897134862857143

00:28:44.000 --> 00:28:45.998 cover in this powerful duct tape.
NOTE Confidence: 0.897134862857143

00:28:46.000 --> 00:28:49.180 Another concern that came up was around this,
NOTE Confidence: 0.897134862857143

00:28:49.180 --> 00:28:50.880 which is a light meter.
NOTE Confidence: 0.897134862857143

00:28:50.880 --> 00:28:53.400 But I had participants asked me
NOTE Confidence: 0.897134862857143

00:28:53.400 --> 00:28:55.480 if it was a camera.
NOTE Confidence: 0.897134862857143

00:28:55.480 --> 00:28:58.720 So some other community gave little
NOTE Confidence: 0.682280552857143

00:29:01.440 --> 00:29:03.715 comments to to that you wouldn't necessarily,
NOTE Confidence: 0.682280552857143

00:29:03.720 --> 00:29:06.156 you know, have thought about without
NOTE Confidence: 0.682280552857143

00:29:06.156 --> 00:29:08.520 really engaging with the community.
NOTE Confidence: 0.682280552857143

00:29:08.520 --> 00:29:12.304 So in our results, we had 44 black,
NOTE Confidence: 0.682280552857143

00:29:12.304 --> 00:29:15.596 28% Hispanic, 22% non Hispanic
NOTE Confidence: 0.682280552857143

00:29:15.596 --> 00:29:18.922 white on the mean age of the IT was
NOTE Confidence: 0.682280552857143

00:29:18.922 --> 00:29:21.320 primarily mothers 29 1/2 years old.
NOTE Confidence: 0.682280552857143

00:29:21.320 --> 00:29:22.970 More than half of them
NOTE Confidence: 0.682280552857143

00:29:22.970 --> 00:29:24.999 were unemployed and single.
NOTE Confidence: 0.682280552857143

00:29:25.000 --> 00:29:27.912 All of the families were at an income

NOTE Confidence: 0.682280552857143

00:29:27.912 --> 00:29:31.520 to need average income to needs of .9.

NOTE Confidence: 0.682280552857143

00:29:31.520 --> 00:29:33.416 So they were predominantly

NOTE Confidence: 0.682280552857143

00:29:33.416 --> 00:29:35.624 living in poverty, below poverty,

NOTE Confidence: 0.682280552857143

00:29:35.624 --> 00:29:39.280 most of them with a high school or less

NOTE Confidence: 0.682280552857143

00:29:39.280 --> 00:29:42.280 in high school education and we had

NOTE Confidence: 0.755444214

00:29:45.040 --> 00:29:48.208 most of that 77% was rent

NOTE Confidence: 0.755444214

00:29:48.208 --> 00:29:50.320 view owned their homes.

NOTE Confidence: 0.755444214

00:29:50.320 --> 00:29:53.060 The children were on average 13.8

NOTE Confidence: 0.755444214

00:29:53.060 --> 00:29:57.590 months of age and 25% of them had been

NOTE Confidence: 0.755444214

00:29:57.590 --> 00:30:00.220 involved in Child Protective Services.

NOTE Confidence: 0.755444214

00:30:00.220 --> 00:30:03.685 At some point there we saw that children

NOTE Confidence: 0.755444214

00:30:03.685 --> 00:30:06.159 were not getting enough night time sleep.

NOTE Confidence: 0.755444214

00:30:06.160 --> 00:30:10.632 We would like to see at this age that

NOTE Confidence: 0.755444214

00:30:10.632 --> 00:30:13.060 children were getting closer to 10-11

NOTE Confidence: 0.755444214

00:30:13.060 --> 00:30:15.720 hours of night time sleep and then

NOTE Confidence: 0.755444214

00:30:15.720 --> 00:30:17.556 about two hours of daytime sleep.
NOTE Confidence: 0.755444214

00:30:17.560 --> 00:30:19.318 So they were shy of that.
NOTE Confidence: 0.43735687

00:30:21.400 --> 00:30:24.974 We the MSFC is the means where
NOTE Confidence: 0.43735687

00:30:24.974 --> 00:30:26.762 mean successful square differences
NOTE Confidence: 0.43735687

00:30:26.762 --> 00:30:29.040 of total 24 hours sleep.
NOTE Confidence: 0.43735687

00:30:29.040 --> 00:30:31.650 So the night to night sleep
NOTE Confidence: 0.43735687

00:30:31.650 --> 00:30:33.960 variability was over three hours.
NOTE Confidence: 0.43735687

00:30:33.960 --> 00:30:35.052 Their average bedtime,
NOTE Confidence: 0.43735687

00:30:35.052 --> 00:30:37.236 which we would recommend to be
NOTE Confidence: 0.43735687

00:30:37.236 --> 00:30:39.515 about 8:00 PM for this age group was
NOTE Confidence: 0.81192345

00:30:42.480 --> 00:30:45.264 close to 10:00 and their variability
NOTE Confidence: 0.81192345

00:30:45.264 --> 00:30:48.283 at bedtime was over 2 1/2 hours
NOTE Confidence: 0.81192345

00:30:48.283 --> 00:30:50.437 from one night to the next.
NOTE Confidence: 0.81192345

00:30:50.440 --> 00:30:52.946 This is an example of the output
NOTE Confidence: 0.81192345

00:30:52.946 --> 00:30:55.320 of sleep activity that you can get.
NOTE Confidence: 0.81192345

00:30:55.320 --> 00:30:56.920 And just to Orient you,

NOTE Confidence: 0.81192345
00:30:56.920 --> 00:31:00.196 the light blue is a sleep period.
NOTE Confidence: 0.81192345
00:31:00.200 --> 00:31:03.320 The yellow wiggly lines are
NOTE Confidence: 0.81192345
00:31:03.320 --> 00:31:05.320 light from the light meter.
NOTE Confidence: 0.81192345
00:31:05.320 --> 00:31:08.880 The black lines are activity.
NOTE Confidence: 0.81192345
00:31:08.880 --> 00:31:12.184 These blue bars at the top I manually
NOTE Confidence: 0.81192345
00:31:12.184 --> 00:31:15.038 code to indicate daytime nap.
NOTE Confidence: 0.81192345
00:31:15.040 --> 00:31:17.200 This is midnight,
NOTE Confidence: 0.81192345
00:31:17.200 --> 00:31:20.546 so you can see this child on this 12
NOTE Confidence: 0.81192345
00:31:20.546 --> 00:31:25.600 month old had a very late bedtime.
NOTE Confidence: 0.81192345
00:31:25.600 --> 00:31:28.360 This would be 9:00 bedtime.
NOTE Confidence: 0.81192345
00:31:28.360 --> 00:31:30.676 So they're quite far from that.
NOTE Confidence: 0.81192345
00:31:30.680 --> 00:31:35.168 This would be the average and the
NOTE Confidence: 0.81192345
00:31:35.168 --> 00:31:37.952 and the yellow is showing a
NOTE Confidence: 0.81192345
00:31:37.952 --> 00:31:40.592 variability in their night time bed,
NOTE Confidence: 0.81192345
00:31:40.592 --> 00:31:41.360 their bedtime.
NOTE Confidence: 0.850625344210526

00:31:43.520 --> 00:31:45.696 I did not intend to look at race
NOTE Confidence: 0.850625344210526

00:31:45.696 --> 00:31:47.532 and ethnicity differences in my came
NOTE Confidence: 0.850625344210526

00:31:47.532 --> 00:31:49.848 because I was looking at 12 months old.
NOTE Confidence: 0.850625344210526

00:31:49.848 --> 00:31:54.120 So I, I again, this was before birth
NOTE Confidence: 0.850625344210526

00:31:54.120 --> 00:31:57.942 report of the early berries was public.
NOTE Confidence: 0.850625344210526

00:31:57.942 --> 00:32:01.101 And so when we did look at racing as to
NOTE Confidence: 0.850625344210526

00:32:01.101 --> 00:32:03.668 see what we found was that white children
NOTE Confidence: 0.850625344210526

00:32:03.668 --> 00:32:06.916 were typically going to bed before 9:00.
NOTE Confidence: 0.850625344210526

00:32:06.916 --> 00:32:10.744 Black children, fathers were going to
NOTE Confidence: 0.850625344210526

00:32:10.744 --> 00:32:15.837 bed at 10:16 PM and Hispanic at ten O 8.
NOTE Confidence: 0.850625344210526

00:32:15.840 --> 00:32:17.862 And more concerning than that to
NOTE Confidence: 0.850625344210526

00:32:17.862 --> 00:32:21.039 me was what I saw in their night
NOTE Confidence: 0.850625344210526

00:32:21.039 --> 00:32:22.795 to night bedtime variability.
NOTE Confidence: 0.850625344210526

00:32:22.800 --> 00:32:24.896 And so I used this map of time
NOTE Confidence: 0.850625344210526

00:32:24.896 --> 00:32:26.905 zones to sort of highlight what I,
NOTE Confidence: 0.850625344210526

00:32:26.905 --> 00:32:28.480 what this would be like.

NOTE Confidence: 0.850625344210526

00:32:28.480 --> 00:32:30.680 What I'm saying here is that we found

NOTE Confidence: 0.850625344210526

00:32:30.680 --> 00:32:32.628 that white children were had on night

NOTE Confidence: 0.850625344210526

00:32:32.628 --> 00:32:34.239 to night variability of one hour.

NOTE Confidence: 0.850625344210526

00:32:34.240 --> 00:32:36.480 So sleeping in New Haven one night and

NOTE Confidence: 0.850625344210526

00:32:36.480 --> 00:32:38.436 you know, Minnesota the next night,

NOTE Confidence: 0.850625344210526

00:32:38.436 --> 00:32:40.181 while black and Hispanic children

NOTE Confidence: 0.850625344210526

00:32:40.181 --> 00:32:42.186 were sleeping in New Haven one night

NOTE Confidence: 0.850625344210526

00:32:42.186 --> 00:32:44.177 and then close to California the next

NOTE Confidence: 0.850625344210526

00:32:44.177 --> 00:32:46.200 night and then back to New Haven.

NOTE Confidence: 0.850625344210526

00:32:46.200 --> 00:32:46.992 And so when,

NOTE Confidence: 0.850625344210526

00:32:46.992 --> 00:32:49.280 if you think about that as an adult,

NOTE Confidence: 0.850625344210526

00:32:49.280 --> 00:32:51.156 think that's sort of a powerful message.

NOTE Confidence: 0.850625344210526

00:32:51.160 --> 00:32:54.616 And and while sleep health has

NOTE Confidence: 0.850625344210526

00:32:54.616 --> 00:32:56.920 not been studied well,

NOTE Confidence: 0.850625344210526

00:32:56.920 --> 00:32:57.942 definitely variability,

NOTE Confidence: 0.850625344210526

00:32:57.942 --> 00:33:00.497 sleep variability is just beginning
NOTE Confidence: 0.850625344210526

00:33:00.497 --> 00:33:02.439 to be understood as a,
NOTE Confidence: 0.850625344210526

00:33:02.440 --> 00:33:07.040 an important health variable.
NOTE Confidence: 0.850625344210526

00:33:07.040 --> 00:33:09.320 So I'm going to just skip over the,
NOTE Confidence: 0.850625344210526

00:33:09.320 --> 00:33:13.120 the models and what we what we did.
NOTE Confidence: 0.850625344210526

00:33:13.120 --> 00:33:15.448 But I will say that one thing that
NOTE Confidence: 0.850625344210526

00:33:15.448 --> 00:33:17.429 we looked at was I was showing
NOTE Confidence: 0.850625344210526

00:33:17.429 --> 00:33:19.226 you the between group differences.
NOTE Confidence: 0.850625344210526

00:33:19.226 --> 00:33:22.776 And what we did was then look at
NOTE Confidence: 0.850625344210526

00:33:22.776 --> 00:33:24.209 the within group differences,
NOTE Confidence: 0.850625344210526

00:33:24.209 --> 00:33:26.147 which I think is important when
NOTE Confidence: 0.850625344210526

00:33:26.147 --> 00:33:27.478 you're talking about race,
NOTE Confidence: 0.850625344210526

00:33:27.480 --> 00:33:28.760 ethnicity differences.
NOTE Confidence: 0.850625344210526

00:33:28.760 --> 00:33:33.520 And what we found was that employment
NOTE Confidence: 0.850625344210526

00:33:33.520 --> 00:33:36.662 was significant and housing in
NOTE Confidence: 0.850625344210526

00:33:36.662 --> 00:33:38.398 the between group differences.

NOTE Confidence: 0.850625344210526

00:33:38.400 --> 00:33:40.560 But when we looked at within

NOTE Confidence: 0.850625344210526

00:33:40.560 --> 00:33:41.280 group differences,

NOTE Confidence: 0.850625344210526

00:33:41.280 --> 00:33:42.400 an example would be

NOTE Confidence: 0.815910899090909

00:33:46.080 --> 00:33:48.144 single parent parents and what we

NOTE Confidence: 0.815910899090909

00:33:48.144 --> 00:33:50.708 found was black and white single

NOTE Confidence: 0.815910899090909

00:33:50.708 --> 00:33:54.648 parents had the bedtime variability

NOTE Confidence: 0.815910899090909

00:33:54.648 --> 00:33:57.799 was there was a high effect size there.

NOTE Confidence: 0.815910899090909

00:33:57.800 --> 00:34:00.600 But in the opposite direction where we

NOTE Confidence: 0.815910899090909

00:34:00.600 --> 00:34:03.268 found that black single mothers had

NOTE Confidence: 0.815910899090909

00:34:03.268 --> 00:34:06.084 children with lower bedtime variability,

NOTE Confidence: 0.815910899090909

00:34:06.084 --> 00:34:08.596 some more consistent bedtime,

NOTE Confidence: 0.815910899090909

00:34:08.600 --> 00:34:12.345 while single white mothers had a more

NOTE Confidence: 0.815910899090909

00:34:12.345 --> 00:34:16.399 variable bedtime or their their children did.

NOTE Confidence: 0.815910899090909

00:34:16.400 --> 00:34:17.405 Regarding the biomarker,

NOTE Confidence: 0.815910899090909

00:34:17.405 --> 00:34:20.098 this has been a bit more challenging because

NOTE Confidence: 0.815910899090909

00:34:20.098 --> 00:34:22.717 of that young age group in which I collected.

NOTE Confidence: 0.815910899090909

00:34:22.720 --> 00:34:26.330 It's quite unusual to see that.

NOTE Confidence: 0.815910899090909

00:34:26.330 --> 00:34:28.220 And so it kind of begs the question of

NOTE Confidence: 0.815910899090909

00:34:28.271 --> 00:34:30.035 just because it can measure something

NOTE Confidence: 0.815910899090909

00:34:30.040 --> 00:34:31.636 since sort of struggling with what

NOTE Confidence: 0.815910899090909

00:34:31.636 --> 00:34:33.558 to do with some of the results.

NOTE Confidence: 0.815910899090909

00:34:33.560 --> 00:34:36.395 We had a lot of extreme values.

NOTE Confidence: 0.815910899090909

00:34:36.400 --> 00:34:39.640 I've been working with telemetrics and and

NOTE Confidence: 0.881020526666667

00:34:42.680 --> 00:34:44.660 a lab at University of California

NOTE Confidence: 0.881020526666667

00:34:44.660 --> 00:34:47.079 Irvine to help me understand that.

NOTE Confidence: 0.881020526666667

00:34:47.080 --> 00:34:49.210 That led to a systematic review

NOTE Confidence: 0.881020526666667

00:34:49.210 --> 00:34:51.653 of looking at sleep health across

NOTE Confidence: 0.881020526666667

00:34:51.653 --> 00:34:54.038 all stress biomarkers in children.

NOTE Confidence: 0.881020526666667

00:34:54.040 --> 00:34:55.768 What our results, what we did

NOTE Confidence: 0.881020526666667

00:34:55.768 --> 00:34:57.760 find was that from our baseline,

NOTE Confidence: 0.881020526666667

00:34:57.760 --> 00:34:59.045 we followed up with these

NOTE Confidence: 0.881020526666667
00:34:59.045 --> 00:35:00.073 children a year later.
NOTE Confidence: 0.881020526666667
00:35:00.080 --> 00:35:04.640 We did see a bit of a significant
NOTE Confidence: 0.881020526666667
00:35:04.640 --> 00:35:07.760 difference with cortisol.
NOTE Confidence: 0.881020526666667
00:35:07.760 --> 00:35:10.000 And I'm sorry, not with cortisol.
NOTE Confidence: 0.881020526666667
00:35:10.000 --> 00:35:11.080 We did not see with cortisol.
NOTE Confidence: 0.881020526666667
00:35:11.080 --> 00:35:12.970 But I will say that that was
NOTE Confidence: 0.881020526666667
00:35:12.970 --> 00:35:14.698 really tough to get because I
NOTE Confidence: 0.881020526666667
00:35:14.698 --> 00:35:16.679 was asking the parents to do it.
NOTE Confidence: 0.881020526666667
00:35:16.680 --> 00:35:18.824 I used the MEMS tab to try to
NOTE Confidence: 0.881020526666667
00:35:18.824 --> 00:35:20.600 capture the time, but it wasn't,
NOTE Confidence: 0.881020526666667
00:35:20.600 --> 00:35:22.280 it didn't work out so well.
NOTE Confidence: 0.881020526666667
00:35:22.280 --> 00:35:24.696 And so I didn't have timing to really
NOTE Confidence: 0.881020526666667
00:35:24.696 --> 00:35:26.719 do anything with my cortisol data.
NOTE Confidence: 0.881020526666667
00:35:26.720 --> 00:35:27.728 But that said,
NOTE Confidence: 0.881020526666667
00:35:27.728 --> 00:35:28.400 Alpha Emily,
NOTE Confidence: 0.881020526666667

00:35:28.400 --> 00:35:30.820 we did find to increase over
NOTE Confidence: 0.881020526666667

00:35:30.820 --> 00:35:33.340 the course of the year and then
NOTE Confidence: 0.881020526666667

00:35:33.340 --> 00:35:35.510 trends for Aisle 6 and some of
NOTE Confidence: 0.881020526666667

00:35:35.510 --> 00:35:37.760 the side of clients to decrease.
NOTE Confidence: 0.58464295

00:35:40.800 --> 00:35:44.640 So just sort of summarizes here.
NOTE Confidence: 0.58464295

00:35:44.640 --> 00:35:48.078 So some trends as well as
NOTE Confidence: 0.58464295

00:35:48.078 --> 00:35:49.797 one significant finding.
NOTE Confidence: 0.58464295

00:35:49.800 --> 00:35:52.298 All this has led to the this
NOTE Confidence: 0.58464295

00:35:52.298 --> 00:35:54.944 and an R21 that I did with
NOTE Confidence: 0.58464295

00:35:54.944 --> 00:35:56.958 Doctor Sadler and and Reddicker.
NOTE Confidence: 0.58464295

00:35:56.958 --> 00:35:59.712 I use that information to develop
NOTE Confidence: 0.58464295

00:35:59.712 --> 00:36:01.879 a intervention plus sleep well,
NOTE Confidence: 0.58464295

00:36:01.880 --> 00:36:07.120 be well specifically to address and
NOTE Confidence: 0.58464295

00:36:07.120 --> 00:36:09.820 help families with young children
NOTE Confidence: 0.58464295

00:36:09.820 --> 00:36:12.340 to promote sleep health rather than
NOTE Confidence: 0.58464295

00:36:12.340 --> 00:36:16.040 address sleep problems that exist.

NOTE Confidence: 0.58464295

00:36:16.040 --> 00:36:19.865 We did a the R21 was a mixed method study,

NOTE Confidence: 0.58464295

00:36:19.865 --> 00:36:22.240 so we did interview caregivers

NOTE Confidence: 0.58464295

00:36:22.240 --> 00:36:24.560 and health care providers and

NOTE Confidence: 0.58464295

00:36:24.560 --> 00:36:26.880 pediatricians as well as families.

NOTE Confidence: 0.76883483125

00:36:30.280 --> 00:36:33.826 What this is my little logo and the materials

NOTE Confidence: 0.76883483125

00:36:33.826 --> 00:36:37.195 are available in English and in Spanish.

NOTE Confidence: 0.76883483125

00:36:37.200 --> 00:36:40.840 I worked with two Early Head Start partners

NOTE Confidence: 0.76883483125

00:36:40.840 --> 00:36:44.024 at LULAC and at the West Haven Child

NOTE Confidence: 0.76883483125

00:36:44.024 --> 00:36:47.288 Development Center and they were both

NOTE Confidence: 0.76883483125

00:36:47.288 --> 00:36:50.090 very interested in in studying sleep.

NOTE Confidence: 0.76883483125

00:36:50.090 --> 00:36:52.820 What I found or including sleep in

NOTE Confidence: 0.76883483125

00:36:52.902 --> 00:36:55.519 their education materials and 170

NOTE Confidence: 0.76883483125

00:36:55.519 --> 00:36:58.393 something pages of the Head Start

NOTE Confidence: 0.76883483125

00:36:58.393 --> 00:37:00.959 performance standards that are federally,

NOTE Confidence: 0.76883483125

00:37:00.960 --> 00:37:04.236 you know, required of the centers.

NOTE Confidence: 0.76883483125

00:37:04.240 --> 00:37:07.198 There is many mention of things
NOTE Confidence: 0.76883483125

00:37:07.198 --> 00:37:09.336 like dental care, nutrition,
NOTE Confidence: 0.76883483125

00:37:09.336 --> 00:37:10.648 safety, exercise,
NOTE Confidence: 0.76883483125

00:37:10.648 --> 00:37:15.580 sleep is mentioned 10 times in the 170
NOTE Confidence: 0.76883483125

00:37:15.580 --> 00:37:18.640 pages and only in the context of safe sleep.
NOTE Confidence: 0.76883483125

00:37:18.640 --> 00:37:21.760 There's nothing in their health promotion
NOTE Confidence: 0.76883483125

00:37:21.760 --> 00:37:24.948 regulations that suggests including sleep and
NOTE Confidence: 0.76883483125

00:37:24.948 --> 00:37:27.633 their required health promotion materials.
NOTE Confidence: 0.76883483125

00:37:27.640 --> 00:37:30.964 And yet the early childcare providers
NOTE Confidence: 0.76883483125

00:37:30.964 --> 00:37:34.339 are telling us about how exhausted
NOTE Confidence: 0.76883483125

00:37:34.339 --> 00:37:37.840 children are coming in to into daycare.
NOTE Confidence: 0.76883483125

00:37:37.840 --> 00:37:39.520 They're coming in late
NOTE Confidence: 0.74621983

00:37:41.640 --> 00:37:44.168 sometimes, you know, 9/10,
NOTE Confidence: 0.74621983

00:37:44.168 --> 00:37:47.510 11:00 which makes it very challenging
NOTE Confidence: 0.74621983

00:37:47.510 --> 00:37:51.879 for the early childcare teachers.
NOTE Confidence: 0.74621983

00:37:51.880 --> 00:37:53.596 We piloted it. So we had,

NOTE Confidence: 0.74621983

00:37:53.600 --> 00:37:55.586 we had it's a three-week intervention

NOTE Confidence: 0.74621983

00:37:55.586 --> 00:37:58.158 that starts with a bedtime routine fit.

NOTE Confidence: 0.74621983

00:37:58.160 --> 00:38:00.386 And something that we start with

NOTE Confidence: 0.74621983

00:38:00.386 --> 00:38:03.470 is we have 14 different bedtime

NOTE Confidence: 0.74621983

00:38:03.470 --> 00:38:05.638 activities that nighttime activities.

NOTE Confidence: 0.74621983

00:38:05.640 --> 00:38:07.680 And these are all magnets that then I,

NOTE Confidence: 0.74621983

00:38:07.680 --> 00:38:10.940 I made, I used a cricket machine

NOTE Confidence: 0.74621983

00:38:10.940 --> 00:38:12.600 to make all of these magnets.

NOTE Confidence: 0.74621983

00:38:12.600 --> 00:38:14.441 And then they can apply to a

NOTE Confidence: 0.74621983

00:38:14.441 --> 00:38:15.880 door hanger that I created.

NOTE Confidence: 0.74621983

00:38:15.880 --> 00:38:17.630 So the families pick what's

NOTE Confidence: 0.74621983

00:38:17.630 --> 00:38:18.680 important to them.

NOTE Confidence: 0.74621983

00:38:18.680 --> 00:38:20.880 So they family that pray,

NOTE Confidence: 0.74621983

00:38:20.880 --> 00:38:22.212 they're family that sing,

NOTE Confidence: 0.74621983

00:38:22.212 --> 00:38:23.519 they can choose the activities

NOTE Confidence: 0.74621983

00:38:23.519 --> 00:38:24.797 they want to do at bedtime.
NOTE Confidence: 0.74621983

00:38:24.800 --> 00:38:27.320 I ask them to choose four to five.
NOTE Confidence: 0.74621983

00:38:27.320 --> 00:38:29.994 And then every week for three weeks,
NOTE Confidence: 0.74621983

00:38:30.000 --> 00:38:31.160 every day for three weeks,
NOTE Confidence: 0.74621983

00:38:31.160 --> 00:38:32.531 the childcare teacher,
NOTE Confidence: 0.74621983

00:38:32.531 --> 00:38:35.273 there's a different handout that they,
NOTE Confidence: 0.74621983

00:38:35.280 --> 00:38:37.280 they give to the family.
NOTE Confidence: 0.74621983

00:38:37.280 --> 00:38:39.710 And then they talk to the
NOTE Confidence: 0.74621983

00:38:39.710 --> 00:38:41.438 family about topics that are,
NOTE Confidence: 0.74621983

00:38:41.438 --> 00:38:43.864 that are around the theme of BED,
NOTE Confidence: 0.74621983

00:38:43.864 --> 00:38:46.200 bedtime, environment and motion,
NOTE Confidence: 0.74621983

00:38:46.200 --> 00:38:47.931 regulation and duration
NOTE Confidence: 0.74621983

00:38:47.931 --> 00:38:50.239 and disruptors of sleep.
NOTE Confidence: 0.74621983

00:38:50.240 --> 00:38:53.000 So they week one we talk about bedtime,
NOTE Confidence: 0.74621983

00:38:53.000 --> 00:38:53.712 bedtime routines.
NOTE Confidence: 0.74621983

00:38:53.712 --> 00:38:55.848 Week two we talk about environment

NOTE Confidence: 0.74621983

00:38:55.848 --> 00:38:57.327 and emotion regulation and

NOTE Confidence: 0.74621983

00:38:57.327 --> 00:38:59.696 week 31 duration and disorders.

NOTE Confidence: 0.74621983

00:38:59.696 --> 00:39:03.764 What we found from the families was that

NOTE Confidence: 0.74621983

00:39:03.764 --> 00:39:05.986 they reported really great feedback.

NOTE Confidence: 0.74621983

00:39:05.986 --> 00:39:08.518 They, they said things like that.

NOTE Confidence: 0.74621983

00:39:08.520 --> 00:39:12.118 They felt more connected to their children.

NOTE Confidence: 0.74621983

00:39:12.120 --> 00:39:14.794 They felt like their child slept better.

NOTE Confidence: 0.74621983

00:39:14.800 --> 00:39:17.440 They were very happy with the,

NOTE Confidence: 0.74621983

00:39:17.440 --> 00:39:21.517 with each of them, with all of the materials.

NOTE Confidence: 0.74621983

00:39:21.520 --> 00:39:24.864 In the pilot, I spoke with a family,

NOTE Confidence: 0.74621983

00:39:24.864 --> 00:39:26.400 a mother. I didn't.

NOTE Confidence: 0.74621983

00:39:26.400 --> 00:39:28.960 He came up to me, a single mom of four,

NOTE Confidence: 0.74621983

00:39:28.960 --> 00:39:32.420 and said to me that she learned so much

NOTE Confidence: 0.74621983

00:39:32.420 --> 00:39:34.776 from the intervention and that she had.

NOTE Confidence: 0.74621983

00:39:34.776 --> 00:39:36.600 It was tough in the beginning.

NOTE Confidence: 0.74621983

00:39:36.600 --> 00:39:39.092 He turned off the television 15 minutes

NOTE Confidence: 0.74621983

00:39:39.092 --> 00:39:41.480 before he started the bedtime routine.

NOTE Confidence: 0.74621983

00:39:41.480 --> 00:39:43.676 And at first the children complained,

NOTE Confidence: 0.74621983

00:39:43.680 --> 00:39:45.624 but then they start to look

NOTE Confidence: 0.74621983

00:39:45.624 --> 00:39:47.240 forward to reading with her.

NOTE Confidence: 0.74621983

00:39:47.240 --> 00:39:49.208 And she said that her two year old

NOTE Confidence: 0.74621983

00:39:49.208 --> 00:39:50.960 who wasn't involved in the study,

NOTE Confidence: 0.74621983

00:39:50.960 --> 00:39:51.773 she said she,

NOTE Confidence: 0.74621983

00:39:51.773 --> 00:39:53.399 the two year old started talking

NOTE Confidence: 0.74621983

00:39:53.399 --> 00:39:55.104 more and that she was attributing

NOTE Confidence: 0.74621983

00:39:55.104 --> 00:39:57.337 that to her reading the books that I

NOTE Confidence: 0.74621983

00:39:57.337 --> 00:39:59.192 provided to them and the bedtime kit.

NOTE Confidence: 0.74621983

00:39:59.200 --> 00:40:00.478 And as she was saying this,

NOTE Confidence: 0.74621983

00:40:00.480 --> 00:40:03.882 I thought if I never work or do another

NOTE Confidence: 0.74621983

00:40:03.882 --> 00:40:06.156 research study in my life again.

NOTE Confidence: 0.74621983

00:40:06.160 --> 00:40:07.966 I've made a difference in this one

NOTE Confidence: 0.74621983

00:40:07.966 --> 00:40:09.440 family's life and was thrilled.

NOTE Confidence: 0.74621983

00:40:09.440 --> 00:40:10.280 But at the same time,

NOTE Confidence: 0.74621983

00:40:10.280 --> 00:40:12.359 I was looking at a box of reach out

NOTE Confidence: 0.74621983

00:40:12.359 --> 00:40:14.680 and read books inside the the daycare.

NOTE Confidence: 0.74621983

00:40:14.680 --> 00:40:15.433 And I thought,

NOTE Confidence: 0.74621983

00:40:15.433 --> 00:40:17.469 I'm not the first person to tell her

NOTE Confidence: 0.74621983

00:40:17.469 --> 00:40:19.261 that to read to her child that this

NOTE Confidence: 0.74621983

00:40:19.261 --> 00:40:21.195 is this has such an impact to her.

NOTE Confidence: 0.74621983

00:40:21.200 --> 00:40:22.640 And she said to me,

NOTE Confidence: 0.74621983

00:40:22.640 --> 00:40:23.918 just as I was thinking it,

NOTE Confidence: 0.74621983

00:40:23.920 --> 00:40:24.804 she said, you know,

NOTE Confidence: 0.74621983

00:40:24.804 --> 00:40:25.688 people have always told

NOTE Confidence: 0.74621983

00:40:25.688 --> 00:40:27.077 me to read to my children,

NOTE Confidence: 0.74621983

00:40:27.080 --> 00:40:29.120 but I never thought that I had time.

NOTE Confidence: 0.74621983

00:40:29.120 --> 00:40:30.704 But reading to them at night

NOTE Confidence: 0.74621983

00:40:30.704 --> 00:40:32.520 really make has made a difference.
NOTE Confidence: 0.74621983

00:40:32.520 --> 00:40:34.200 And I thought,
NOTE Confidence: 0.74621983

00:40:34.200 --> 00:40:34.760 wow,
NOTE Confidence: 0.74621983

00:40:34.760 --> 00:40:36.710 one thing we just need to do better about is
NOTE Confidence: 0.876716734

00:40:36.764 --> 00:40:38.119 talking about reading to each
NOTE Confidence: 0.876716734

00:40:38.119 --> 00:40:39.474 other and actually giving them,
NOTE Confidence: 0.876716734

00:40:39.480 --> 00:40:41.335 talking to them about when to read
NOTE Confidence: 0.876716734

00:40:41.335 --> 00:40:43.458 and when and finding out when they
NOTE Confidence: 0.876716734

00:40:43.458 --> 00:40:45.354 might have opportunity to do that.
NOTE Confidence: 0.876716734

00:40:45.360 --> 00:40:47.118 And then we did have some,
NOTE Confidence: 0.876716734

00:40:47.120 --> 00:40:49.622 I know small to medium effect
NOTE Confidence: 0.876716734

00:40:49.622 --> 00:40:52.480 size of in terms of sleeping.
NOTE Confidence: 0.876716734

00:40:52.480 --> 00:40:56.440 So this is just sort of a highlight of,
NOTE Confidence: 0.876716734

00:40:56.440 --> 00:40:58.800 of what we did.
NOTE Confidence: 0.876716734

00:40:58.800 --> 00:41:01.516 The BED mantra that I was telling
NOTE Confidence: 0.876716734

00:41:01.516 --> 00:41:03.415 you about what form it is,

NOTE Confidence: 0.876716734

00:41:03.415 --> 00:41:04.395 that is the prescription

NOTE Confidence: 0.79940703875

00:41:06.960 --> 00:41:09.616 and this pilot was just looking at the

NOTE Confidence: 0.79940703875

00:41:09.616 --> 00:41:11.757 feasibility in the pilot data and I've

NOTE Confidence: 0.79940703875

00:41:11.757 --> 00:41:15.092 now turned have an R1 that will be

NOTE Confidence: 0.79940703875

00:41:15.092 --> 00:41:18.160 reviewed June 10th as a second submission

NOTE Confidence: 0.79940703875

00:41:18.160 --> 00:41:21.220 for this study to continue in multiple

NOTE Confidence: 0.79940703875

00:41:21.220 --> 00:41:23.320 New England Head Start association.

NOTE Confidence: 0.79940703875

00:41:23.320 --> 00:41:25.185 I'm sorry multiple head start

NOTE Confidence: 0.79940703875

00:41:25.185 --> 00:41:26.677 centers across New England.

NOTE Confidence: 0.79940703875

00:41:26.680 --> 00:41:28.120 So everyone keep their fingers

NOTE Confidence: 0.79940703875

00:41:28.120 --> 00:41:29.560 crossed for a good conversation.

NOTE Confidence: 0.79940703875

00:41:29.560 --> 00:41:31.480 June 10th.

NOTE Confidence: 0.79940703875

00:41:31.480 --> 00:41:33.972 And this is just a little highlight

NOTE Confidence: 0.79940703875

00:41:33.972 --> 00:41:35.760 of the teacher training.

NOTE Confidence: 0.79940703875

00:41:35.760 --> 00:41:38.559 So I told you about what the families get,

NOTE Confidence: 0.79940703875

00:41:38.560 --> 00:41:41.680 what the teachers get a training and sleep.

NOTE Confidence: 0.79940703875

00:41:41.680 --> 00:41:44.080 So before they start the intervention,

NOTE Confidence: 0.79940703875

00:41:44.080 --> 00:41:47.800 there's a 6th module training that

NOTE Confidence: 0.79940703875

00:41:47.800 --> 00:41:50.520 developed that is available online.

NOTE Confidence: 0.79940703875

00:41:50.520 --> 00:41:52.914 So they they're 15 minute modules

NOTE Confidence: 0.79940703875

00:41:52.914 --> 00:41:55.714 and my goal is to actually develop

NOTE Confidence: 0.79940703875

00:41:55.714 --> 00:41:59.053 those into CMD credit so that we

NOTE Confidence: 0.79940703875

00:41:59.053 --> 00:42:02.237 can use this also in primary care

NOTE Confidence: 0.79940703875

00:42:02.240 --> 00:42:04.116 because in addition to the RO one,

NOTE Confidence: 0.79940703875

00:42:04.120 --> 00:42:06.760 it's being discussed next week.

NOTE Confidence: 0.79940703875

00:42:06.760 --> 00:42:12.185 Recently with Karen ESA Koi submitted a

NOTE Confidence: 0.79940703875

00:42:12.185 --> 00:42:14.472 Pakori for a comparative effectiveness

NOTE Confidence: 0.79940703875

00:42:14.472 --> 00:42:16.740 trial looking at sleep well be

NOTE Confidence: 0.79940703875

00:42:16.806 --> 00:42:18.756 well will where if we're funded,

NOTE Confidence: 0.79940703875

00:42:18.760 --> 00:42:21.646 we will collaborate with a large

NOTE Confidence: 0.79940703875

00:42:21.646 --> 00:42:24.632 practice based network of primary care

NOTE Confidence: 0.79940703875

00:42:24.632 --> 00:42:27.554 clinics across the country who are

NOTE Confidence: 0.79940703875

00:42:27.560 --> 00:42:30.400 who trained PBS pediatric residents.

NOTE Confidence: 0.79940703875

00:42:30.400 --> 00:42:32.216 And so we will be very excited to

NOTE Confidence: 0.79940703875

00:42:32.216 --> 00:42:34.512 see if we can translate this right to

NOTE Confidence: 0.79940703875

00:42:34.512 --> 00:42:36.524 primary care and come full circle and

NOTE Confidence: 0.79940703875

00:42:36.524 --> 00:42:39.340 and help me get some of these concepts

NOTE Confidence: 0.79940703875

00:42:39.340 --> 00:42:43.996 of parent interaction in into primary care.

NOTE Confidence: 0.79940703875

00:42:44.000 --> 00:42:45.400 And then as I mentioned,

NOTE Confidence: 0.79940703875

00:42:45.400 --> 00:42:46.880 I did submit a grant.

NOTE Confidence: 0.79940703875

00:42:46.880 --> 00:42:48.648 I and I put the title there 'cause

NOTE Confidence: 0.79940703875

00:42:48.648 --> 00:42:50.330 I was just really thrilled with

NOTE Confidence: 0.79940703875

00:42:50.330 --> 00:42:52.040 my cleverness of my title here,

NOTE Confidence: 0.79940703875

00:42:52.040 --> 00:42:54.272 the sleep obesity risk and screen

NOTE Confidence: 0.79940703875

00:42:54.272 --> 00:42:55.760 to children and screens.

NOTE Confidence: 0.79940703875

00:42:55.760 --> 00:42:57.559 I came in second for that grant.

NOTE Confidence: 0.79940703875

00:42:57.560 --> 00:42:59.156 So I did not get funded,
NOTE Confidence: 0.79940703875

00:42:59.160 --> 00:43:01.491 but they gave me public feedback and
NOTE Confidence: 0.79940703875

00:43:01.491 --> 00:43:04.239 I hope to submit that in October.
NOTE Confidence: 0.79940703875

00:43:04.240 --> 00:43:07.040 So I just want to thank my mentors,
NOTE Confidence: 0.79940703875

00:43:07.040 --> 00:43:08.160 Nancy Medicare,
NOTE Confidence: 0.79940703875

00:43:08.160 --> 00:43:11.144 Lois Sandler and John Dion and take
NOTE Confidence: 0.79940703875

00:43:11.144 --> 00:43:13.100 care parties that director of the
NOTE Confidence: 0.79940703875

00:43:13.171 --> 00:43:14.961 sleep clinic and Megan O'Connell
NOTE Confidence: 0.79940703875

00:43:14.961 --> 00:43:17.120 for for their health and these
NOTE Confidence: 0.79940703875

00:43:17.120 --> 00:43:20.000 studies and of course a few doctoral
NOTE Confidence: 0.79940703875

00:43:20.000 --> 00:43:22.760 work both and then amaze.
NOTE Confidence: 0.79940703875

00:43:22.760 --> 00:43:25.600 And Lois Sandler,
NOTE Confidence: 0.79940703875

00:43:25.600 --> 00:43:26.040 thank you.
NOTE Confidence: 0.840366646363636

00:43:32.000 --> 00:43:33.400 People have questions or if
NOTE Confidence: 0.840366646363636

00:43:33.400 --> 00:43:34.960 we have time for questions or
NOTE Confidence: 0.785417389166667

00:43:35.560 --> 00:43:36.682 yes, yes, I think we've got

NOTE Confidence: 0.785417389166667
00:43:36.682 --> 00:43:38.039 plenty of time for for questions,
NOTE Confidence: 0.785417389166667
00:43:38.040 --> 00:43:39.280 Questions for for Monica.
NOTE Confidence: 0.685556897777778
00:43:42.040 --> 00:43:43.657 I want to start out from Sarah
NOTE Confidence: 0.685556897777778
00:43:43.657 --> 00:43:45.800 Fitzpatrick too, although minding the
NOTE Confidence: 0.685556897777778
00:43:45.800 --> 00:43:48.080 baby like old friends. Thank you.
NOTE Confidence: 0.878889707333333
00:43:52.800 --> 00:43:54.582 You know, I would love to
NOTE Confidence: 0.878889707333333
00:43:54.582 --> 00:43:56.227 collaborate with anyone too that's
NOTE Confidence: 0.878889707333333
00:43:56.227 --> 00:43:57.799 thinking about adding sleep.
NOTE Confidence: 0.878889707333333
00:43:57.800 --> 00:44:01.440 Sarah, if anyone's thinking about adding
NOTE Confidence: 0.878889707333333
00:44:01.440 --> 00:44:04.168 sleep to their studies or you know,
NOTE Confidence: 0.878889707333333
00:44:04.168 --> 00:44:07.880 please contact me. Happy to do help.
NOTE Confidence: 0.616089755555556
00:44:09.480 --> 00:44:10.472 Maybe Monica just well,
NOTE Confidence: 0.616089755555556
00:44:10.472 --> 00:44:11.712 people are collecting their thoughts.
NOTE Confidence: 0.616089755555556
00:44:11.720 --> 00:44:14.079 I, you know, I was wondering if
NOTE Confidence: 0.616089755555556
00:44:14.080 --> 00:44:16.114 any of your interventions or if
NOTE Confidence: 0.616089755555556

00:44:16.114 --> 00:44:17.470 you've thought about incorporating

NOTE Confidence: 0.616089755555556

00:44:17.523 --> 00:44:18.909 grandparents or alternative

NOTE Confidence: 0.616089755555556

00:44:18.909 --> 00:44:20.757 caregivers into your interventions.

NOTE Confidence: 0.616089755555556

00:44:20.760 --> 00:44:21.636 You know, I'm trying to think,

NOTE Confidence: 0.616089755555556

00:44:21.640 --> 00:44:22.720 I'm thinking as someone who

NOTE Confidence: 0.616089755555556

00:44:22.720 --> 00:44:24.080 has a nine month at home,

NOTE Confidence: 0.616089755555556

00:44:24.080 --> 00:44:25.545 I'm thinking about all the

NOTE Confidence: 0.616089755555556

00:44:25.545 --> 00:44:26.717 recommendations and advice that

NOTE Confidence: 0.616089755555556

00:44:26.717 --> 00:44:28.575 you get as someone with a new,

NOTE Confidence: 0.616089755555556

00:44:28.575 --> 00:44:29.715 with a new baby,

NOTE Confidence: 0.616089755555556

00:44:29.720 --> 00:44:30.761 Obviously sleep recommendations

NOTE Confidence: 0.616089755555556

00:44:30.761 --> 00:44:33.480 and how you put the child to bed.

NOTE Confidence: 0.616089755555556

00:44:33.480 --> 00:44:34.680 They've changed across generations.

NOTE Confidence: 0.616089755555556

00:44:34.680 --> 00:44:36.768 And sometimes there is a bit of

NOTE Confidence: 0.616089755555556

00:44:36.768 --> 00:44:38.202 a battle of kind of fighting

NOTE Confidence: 0.616089755555556

00:44:38.202 --> 00:44:39.495 back against advice that you're

NOTE Confidence: 0.616089755555556
00:44:39.495 --> 00:44:41.073 getting from people that may not,
NOTE Confidence: 0.616089755555556
00:44:41.080 --> 00:44:42.627 you know, be up to date with
NOTE Confidence: 0.616089755555556
00:44:42.627 --> 00:44:43.840 the current best practices.
NOTE Confidence: 0.616089755555556
00:44:43.840 --> 00:44:44.932 So I'm just wondering,
NOTE Confidence: 0.616089755555556
00:44:44.932 --> 00:44:46.086 is that something that you
NOTE Confidence: 0.616089755555556
00:44:46.086 --> 00:44:47.298 thought about or is that something
NOTE Confidence: 0.616089755555556
00:44:47.298 --> 00:44:48.237 that's ongoing in the field?
NOTE Confidence: 0.816888276153846
00:44:49.600 --> 00:44:51.833 Absolutely. And you know, I should have
NOTE Confidence: 0.816888276153846
00:44:51.833 --> 00:44:54.038 said that when in the intervention,
NOTE Confidence: 0.816888276153846
00:44:54.040 --> 00:44:55.942 we provide the materials to any
NOTE Confidence: 0.816888276153846
00:44:55.942 --> 00:44:57.934 caregiver that has the child overnight
NOTE Confidence: 0.816888276153846
00:44:57.934 --> 00:44:59.914 or is involved in night time.
NOTE Confidence: 0.816888276153846
00:44:59.920 --> 00:45:01.936 So we always, we ask that and we offer
NOTE Confidence: 0.816888276153846
00:45:01.936 --> 00:45:04.481 the materials so that if they're multiple
NOTE Confidence: 0.816888276153846
00:45:04.481 --> 00:45:05.993 parents or grandparents involved,
NOTE Confidence: 0.816888276153846

00:45:06.000 --> 00:45:08.300 that they're all getting sort
NOTE Confidence: 0.816888276153846

00:45:08.300 --> 00:45:09.680 of similar materials.
NOTE Confidence: 0.816888276153846

00:45:09.680 --> 00:45:11.530 You know, something clinically that
NOTE Confidence: 0.816888276153846

00:45:11.530 --> 00:45:13.804 I do that I think is important
NOTE Confidence: 0.816888276153846

00:45:13.804 --> 00:45:15.199 as when I work and sleep,
NOTE Confidence: 0.816888276153846

00:45:15.199 --> 00:45:16.720 when I was working at a sleep clinic,
NOTE Confidence: 0.816888276153846

00:45:16.720 --> 00:45:18.224 I were giving advice.
NOTE Confidence: 0.816888276153846

00:45:18.224 --> 00:45:20.196 I, I listened to what the families,
NOTE Confidence: 0.816888276153846

00:45:20.200 --> 00:45:21.596 you know, what they,
NOTE Confidence: 0.816888276153846

00:45:21.596 --> 00:45:24.110 what they described to me in a
NOTE Confidence: 0.816888276153846

00:45:24.110 --> 00:45:26.050 sleep concern and then have an
NOTE Confidence: 0.816888276153846

00:45:26.050 --> 00:45:27.960 idea of what would work and then
NOTE Confidence: 0.816888276153846

00:45:27.960 --> 00:45:29.400 would present that to the family.
NOTE Confidence: 0.816888276153846

00:45:29.400 --> 00:45:31.808 But I always say to them that
NOTE Confidence: 0.816888276153846

00:45:31.808 --> 00:45:32.960 this is one idea.
NOTE Confidence: 0.816888276153846

00:45:32.960 --> 00:45:35.260 Do you think this is something

NOTE Confidence: 0.816888276153846
00:45:35.260 --> 00:45:36.600 that would work for your family?
NOTE Confidence: 0.816888276153846
00:45:36.600 --> 00:45:37.446 Because if not,
NOTE Confidence: 0.816888276153846
00:45:37.446 --> 00:45:39.745 pretend like I have a little bag of
NOTE Confidence: 0.816888276153846
00:45:39.745 --> 00:45:41.857 tricks next to me and I'll just reach
NOTE Confidence: 0.816888276153846
00:45:41.857 --> 00:45:44.475 into my bag and I'll pull out another trick.
NOTE Confidence: 0.816888276153846
00:45:44.480 --> 00:45:46.083 I said that because the worst thing
NOTE Confidence: 0.816888276153846
00:45:46.083 --> 00:45:47.966 you can do is give you advice that
NOTE Confidence: 0.816888276153846
00:45:47.966 --> 00:45:49.759 you will walk out with and be like,
NOTE Confidence: 0.816888276153846
00:45:49.760 --> 00:45:51.060 that woman doesn't know what
NOTE Confidence: 0.816888276153846
00:45:51.060 --> 00:45:51.840 she's talking about.
NOTE Confidence: 0.816888276153846
00:45:51.840 --> 00:45:53.670 That's not going to be helpful
NOTE Confidence: 0.816888276153846
00:45:53.670 --> 00:45:55.400 to you and or your child.
NOTE Confidence: 0.816888276153846
00:45:55.400 --> 00:45:56.240 So there I,
NOTE Confidence: 0.816888276153846
00:45:56.240 --> 00:45:58.520 I don't think it's A1 size fits all.
NOTE Confidence: 0.816888276153846
00:45:58.520 --> 00:46:01.496 And I think that some of it is, you know,
NOTE Confidence: 0.816888276153846

00:46:01.496 --> 00:46:02.636 we can develop these introversions.
NOTE Confidence: 0.816888276153846

00:46:02.640 --> 00:46:04.476 I'll tell you what's evidence based,
NOTE Confidence: 0.816888276153846

00:46:04.480 --> 00:46:06.096 but we have to do a better job
NOTE Confidence: 0.816888276153846

00:46:06.096 --> 00:46:07.440 of hearing from the families.
NOTE Confidence: 0.816888276153846

00:46:07.440 --> 00:46:10.296 What are the limitations or the
NOTE Confidence: 0.816888276153846

00:46:10.296 --> 00:46:12.200 cultural beliefs or backgrounds?
NOTE Confidence: 0.816888276153846

00:46:12.200 --> 00:46:13.160 Like I said,
NOTE Confidence: 0.816888276153846

00:46:13.160 --> 00:46:16.420 we don't have a good questionnaire that
NOTE Confidence: 0.816888276153846

00:46:16.420 --> 00:46:20.120 asks about why families are Co sleeping,
NOTE Confidence: 0.816888276153846

00:46:20.120 --> 00:46:22.700 because if they're Co sleeping for
NOTE Confidence: 0.816888276153846

00:46:22.781 --> 00:46:25.493 reaction as a reactional Co sleeping
NOTE Confidence: 0.816888276153846

00:46:25.493 --> 00:46:27.879 or intentional or cultural or SDS,
NOTE Confidence: 0.816888276153846

00:46:27.880 --> 00:46:30.200 those are those are different.
NOTE Confidence: 0.816888276153846

00:46:30.200 --> 00:46:32.342 You know that the background is
NOTE Confidence: 0.816888276153846

00:46:32.342 --> 00:46:34.000 important before we understand it.
NOTE Confidence: 0.816888276153846

00:46:34.000 --> 00:46:35.730 And so these studies that

NOTE Confidence: 0.816888276153846
00:46:35.730 --> 00:46:37.114 talk about closely things,
NOTE Confidence: 0.816888276153846
00:46:37.120 --> 00:46:39.676 but they haven't really asked why.
NOTE Confidence: 0.816888276153846
00:46:39.680 --> 00:46:42.134 I think it's it's not really
NOTE Confidence: 0.816888276153846
00:46:42.134 --> 00:46:44.640 appropriate to make any judgments,
NOTE Confidence: 0.816888276153846
00:46:44.640 --> 00:46:47.405 you know, or that we can really
NOTE Confidence: 0.816888276153846
00:46:47.405 --> 00:46:50.400 determine what's what's healthy or not.
NOTE Confidence: 0.816888276153846
00:46:50.400 --> 00:46:51.800 So I don't know if that didn't,
NOTE Confidence: 0.816888276153846
00:46:51.800 --> 00:46:53.000 I would just say that got
NOTE Confidence: 0.816888276153846
00:46:53.000 --> 00:46:53.800 to answer your question,
NOTE Confidence: 0.816888276153846
00:46:53.800 --> 00:46:54.696 very open to that.
NOTE Confidence: 0.816888276153846
00:46:54.696 --> 00:46:56.680 But I think a lot of it's going
NOTE Confidence: 0.816888276153846
00:46:56.680 --> 00:46:58.409 to come in training that putting
NOTE Confidence: 0.816888276153846
00:46:58.409 --> 00:46:59.854 that into the training materials
NOTE Confidence: 0.816888276153846
00:46:59.854 --> 00:47:01.392 for whether it's the teachers
NOTE Confidence: 0.816888276153846
00:47:01.392 --> 00:47:03.052 that are delivering the materials
NOTE Confidence: 0.816888276153846

00:47:03.052 --> 00:47:04.750 or the healthcare providers that
NOTE Confidence: 0.816888276153846

00:47:04.750 --> 00:47:06.038 are delivering the materials.
NOTE Confidence: 0.816888276153846

00:47:06.040 --> 00:47:07.888 And even though I used a little
NOTE Confidence: 0.816888276153846

00:47:07.888 --> 00:47:09.340 prescription pad not being so
NOTE Confidence: 0.816888276153846

00:47:09.340 --> 00:47:10.556 prescriptive in our advice.
NOTE Confidence: 0.754639791875

00:47:12.160 --> 00:47:13.620 Yeah, makes good sense.
NOTE Confidence: 0.754639791875

00:47:13.620 --> 00:47:15.445 And have you noticed something
NOTE Confidence: 0.754639791875

00:47:15.445 --> 00:47:17.318 I've been very surprised about
NOTE Confidence: 0.754639791875

00:47:17.318 --> 00:47:19.146 is seeing advertisements for
NOTE Confidence: 0.754639791875

00:47:19.146 --> 00:47:21.358 sleep aids for children.
NOTE Confidence: 0.754639791875

00:47:21.360 --> 00:47:23.400 And so melatonin based sleep aids.
NOTE Confidence: 0.754639791875

00:47:23.400 --> 00:47:24.375 It is something that you're
NOTE Confidence: 0.754639791875

00:47:24.375 --> 00:47:25.155 seeing an increase in.
NOTE Confidence: 0.754639791875

00:47:25.160 --> 00:47:26.600 Is this something that you're
NOTE Confidence: 0.754639791875

00:47:26.600 --> 00:47:28.040 assessing and what's your advice
NOTE Confidence: 0.754639791875

00:47:28.086 --> 00:47:29.478 and feedback on on these aids?

NOTE Confidence: 0.8842730333333333

00:47:30.680 --> 00:47:33.599 Oh, melatonin right now is a huge

NOTE Confidence: 0.8842730333333333

00:47:33.599 --> 00:47:35.080 topic of of I know, you know,

NOTE Confidence: 0.8842730333333333

00:47:35.080 --> 00:47:38.712 very unregulated, very commonly

NOTE Confidence: 0.8842730333333333

00:47:38.712 --> 00:47:42.200 used in any to send to a pharmacy.

NOTE Confidence: 0.8842730333333333

00:47:42.200 --> 00:47:44.480 And it's always like at the end cap

NOTE Confidence: 0.8842730333333333

00:47:44.480 --> 00:47:46.791 of all these sleep aids and they

NOTE Confidence: 0.8842730333333333

00:47:46.791 --> 00:47:49.479 market them to you know quality sleep.

NOTE Confidence: 0.8842730333333333

00:47:49.480 --> 00:47:50.968 And I think we we definitely

NOTE Confidence: 0.8842730333333333

00:47:50.968 --> 00:47:51.712 don't know enough.

NOTE Confidence: 0.8842730333333333

00:47:51.720 --> 00:47:54.990 We are coming out the IPSA that I

NOTE Confidence: 0.8842730333333333

00:47:54.990 --> 00:47:56.460 mentioned International Pediatric

NOTE Confidence: 0.8842730333333333

00:47:56.460 --> 00:47:58.816 Sleep Association on the board there.

NOTE Confidence: 0.8842730333333333

00:47:58.816 --> 00:48:00.880 We're coming out with a statement

NOTE Confidence: 0.8842730333333333

00:48:00.946 --> 00:48:02.275 about melatonin use,

NOTE Confidence: 0.8842730333333333

00:48:02.275 --> 00:48:04.405 but the statement is not going

NOTE Confidence: 0.8842730333333333

00:48:04.405 --> 00:48:06.686 to include we don't have good
NOTE Confidence: 0.8842730333333333

00:48:06.686 --> 00:48:08.960 evidence about the use of them.
NOTE Confidence: 0.8842730333333333

00:48:08.960 --> 00:48:11.186 I think they are very useful
NOTE Confidence: 0.8842730333333333

00:48:11.186 --> 00:48:13.918 and we commonly use them and
NOTE Confidence: 0.8842730333333333

00:48:13.918 --> 00:48:16.216 neurodiverse patient, but I,
NOTE Confidence: 0.8842730333333333

00:48:16.216 --> 00:48:18.928 I think that we want to move
NOTE Confidence: 0.8842730333333333

00:48:18.928 --> 00:48:20.881 away from just sort of a blanket
NOTE Confidence: 0.8842730333333333

00:48:20.881 --> 00:48:23.478 recommendation as a Band-Aid and not as
NOTE Confidence: 0.876680495

00:48:25.640 --> 00:48:27.518 really picking up and following up.
NOTE Confidence: 0.876680495

00:48:27.520 --> 00:48:28.465 Was that effective?
NOTE Confidence: 0.876680495

00:48:28.465 --> 00:48:30.040 So if you're talking about
NOTE Confidence: 0.876680495

00:48:30.040 --> 00:48:31.320 melatonin in particular,
NOTE Confidence: 0.876680495

00:48:31.320 --> 00:48:34.320 that's, that's one that,
NOTE Confidence: 0.876680495

00:48:34.320 --> 00:48:36.438 and then there's the, you know,
NOTE Confidence: 0.876680495

00:48:36.440 --> 00:48:40.599 \$1800 new bassinet that, you know,
NOTE Confidence: 0.9198949888888889

00:48:42.720 --> 00:48:44.184 these are great and if you

NOTE Confidence: 0.919894988888889

00:48:44.184 --> 00:48:45.416 can afford them, but it's,

NOTE Confidence: 0.919894988888889

00:48:45.416 --> 00:48:47.152 I don't think that's the only answer.

NOTE Confidence: 0.919894988888889

00:48:47.160 --> 00:48:49.880 And I think we have some work to do on

NOTE Confidence: 0.919894988888889

00:48:49.880 --> 00:48:54.476 avoiding shaming families on social media.

NOTE Confidence: 0.919894988888889

00:48:54.480 --> 00:48:57.920 I, I've had many conversations with

NOTE Confidence: 0.919894988888889

00:48:57.920 --> 00:49:00.420 families who are parents that talk

NOTE Confidence: 0.919894988888889

00:49:00.420 --> 00:49:03.288 to me about how awful it is to,

NOTE Confidence: 0.919894988888889

00:49:03.288 --> 00:49:05.720 to do a cried out method and

NOTE Confidence: 0.919894988888889

00:49:05.720 --> 00:49:07.920 how babies could not cry.

NOTE Confidence: 0.919894988888889

00:49:07.920 --> 00:49:09.385 I recently had someone tell

NOTE Confidence: 0.919894988888889

00:49:09.385 --> 00:49:10.557 me that they shouldn't,

NOTE Confidence: 0.919894988888889

00:49:10.560 --> 00:49:12.436 babies shouldn't cry for even a minute,

NOTE Confidence: 0.919894988888889

00:49:12.440 --> 00:49:14.799 but it does brain damage to them.

NOTE Confidence: 0.919894988888889

00:49:14.800 --> 00:49:17.360 It increases their cortisol levels.

NOTE Confidence: 0.919894988888889

00:49:17.360 --> 00:49:21.066 And he writes books on this and that.

NOTE Confidence: 0.919894988888889

00:49:21.066 --> 00:49:23.118 It's all about attachment.
NOTE Confidence: 0.919894988888889

00:49:23.120 --> 00:49:24.908 And I'm breaking attachment.
NOTE Confidence: 0.919894988888889

00:49:24.908 --> 00:49:26.696 And she speaks internationally
NOTE Confidence: 0.919894988888889

00:49:26.696 --> 00:49:28.557 and nationally on top of this.
NOTE Confidence: 0.919894988888889

00:49:28.560 --> 00:49:30.402 So it was an interesting conversation
NOTE Confidence: 0.919894988888889

00:49:30.402 --> 00:49:32.246 at my son's graduation with a
NOTE Confidence: 0.919894988888889

00:49:32.246 --> 00:49:33.651 mother that caused graduation with
NOTE Confidence: 0.919894988888889

00:49:33.651 --> 00:49:35.492 a mother that my son thought, well,
NOTE Confidence: 0.919894988888889

00:49:35.492 --> 00:49:37.040 you two are gonna have so much in common.
NOTE Confidence: 0.919894988888889

00:49:37.040 --> 00:49:39.200 I really.
NOTE Confidence: 0.919894988888889

00:49:39.200 --> 00:49:41.160 Oh, I thought you were talking to so and so.
NOTE Confidence: 0.919894988888889

00:49:41.160 --> 00:49:42.476 I knew you guys would get along.
NOTE Confidence: 0.919894988888889

00:49:42.480 --> 00:49:46.400 I said maybe we'll talk about that later.
NOTE Confidence: 0.919894988888889

00:49:46.400 --> 00:49:47.835 You're a little different in our opinion.
NOTE Confidence: 0.579248652

00:49:53.480 --> 00:49:55.000 Maybe leave that there. Oh, please, Ansley.
NOTE Confidence: 0.910318292

00:49:57.920 --> 00:50:01.560 So just a quick question.

NOTE Confidence: 0.910318292

00:50:01.560 --> 00:50:04.427 I love it. But the, the, the main,

NOTE Confidence: 0.910318292

00:50:04.427 --> 00:50:06.785 the main question that I have is I

NOTE Confidence: 0.910318292

00:50:06.785 --> 00:50:09.720 know that you focused on families and,

NOTE Confidence: 0.910318292

00:50:09.720 --> 00:50:12.120 and young children.

NOTE Confidence: 0.910318292

00:50:12.120 --> 00:50:13.200 For the longest time, I,

NOTE Confidence: 0.910318292

00:50:13.200 --> 00:50:16.040 I identified as a parent of young children,

NOTE Confidence: 0.910318292

00:50:16.040 --> 00:50:17.888 but now I have to bite the

NOTE Confidence: 0.910318292

00:50:17.888 --> 00:50:19.384 bullet and acknowledge that my

NOTE Confidence: 0.910318292

00:50:19.384 --> 00:50:20.676 kids are becoming teenagers.

NOTE Confidence: 0.910318292

00:50:20.680 --> 00:50:26.360 So, but that being said,

NOTE Confidence: 0.910318292

00:50:26.360 --> 00:50:28.630 would this be something that

NOTE Confidence: 0.910318292

00:50:28.630 --> 00:50:30.900 could be feasibly done with

NOTE Confidence: 0.910318292

00:50:30.985 --> 00:50:33.384 adolescent or teen population?

NOTE Confidence: 0.910318292

00:50:33.384 --> 00:50:36.240 And I'm thinking what the,

NOTE Confidence: 0.910318292

00:50:36.240 --> 00:50:38.340 the thought that's coming to

NOTE Confidence: 0.910318292

00:50:38.340 --> 00:50:40.870 my mind is mood disorders.
NOTE Confidence: 0.910318292

00:50:40.870 --> 00:50:45.315 Usually one of the core symptoms is
NOTE Confidence: 0.910318292

00:50:45.320 --> 00:50:47.720 alterations in their sleep patterns.
NOTE Confidence: 0.910318292

00:50:47.720 --> 00:50:49.715 And we know that for a fact,
NOTE Confidence: 0.910318292

00:50:49.720 --> 00:50:51.920 adolescents start to have changes
NOTE Confidence: 0.910318292

00:50:51.920 --> 00:50:54.048 in their sleep patterns just
NOTE Confidence: 0.910318292

00:50:54.048 --> 00:50:55.152 because they're adolescents,
NOTE Confidence: 0.910318292

00:50:55.152 --> 00:50:55.953 right, developmentally.
NOTE Confidence: 0.910318292

00:50:55.953 --> 00:50:58.118 So it would be really,
NOTE Confidence: 0.910318292

00:50:58.120 --> 00:51:01.440 really interesting to kind of
NOTE Confidence: 0.910318292

00:51:01.440 --> 00:51:04.387 map out kind of like the sleep
NOTE Confidence: 0.910318292

00:51:04.387 --> 00:51:06.198 patterns of depressed kids
NOTE Confidence: 0.910318292

00:51:06.198 --> 00:51:08.970 versus the sleep patterns of non
NOTE Confidence: 0.910318292

00:51:08.970 --> 00:51:11.496 depressed kids kind of coping for,
NOTE Confidence: 0.910318292

00:51:11.496 --> 00:51:12.840 for, you know,
NOTE Confidence: 0.910318292

00:51:12.840 --> 00:51:14.840 different things.

NOTE Confidence: 0.910318292

00:51:14.840 --> 00:51:17.115 And one of the things that we've

NOTE Confidence: 0.910318292

00:51:17.115 --> 00:51:19.624 been seeing in our in our adolescent

NOTE Confidence: 0.910318292

00:51:19.624 --> 00:51:22.840 population is that a lot of them are

NOTE Confidence: 0.910318292

00:51:22.840 --> 00:51:25.913 self medicating for sleep issues.

NOTE Confidence: 0.910318292

00:51:25.913 --> 00:51:30.016 So either using marijuana or actually

NOTE Confidence: 0.910318292

00:51:30.016 --> 00:51:33.432 even using alcohol to help sleep.

NOTE Confidence: 0.910318292

00:51:33.432 --> 00:51:36.151 And you're talking about 1415 year olds,

NOTE Confidence: 0.910318292

00:51:36.151 --> 00:51:38.779 so I don't know if if that would be

NOTE Confidence: 0.910318292

00:51:38.779 --> 00:51:41.259 something I can send you an e-mail and

NOTE Confidence: 0.910318292

00:51:41.329 --> 00:51:43.639 we can try to figure something out.

NOTE Confidence: 0.910318292

00:51:43.640 --> 00:51:43.920 But

NOTE Confidence: 0.82681237

00:51:44.240 --> 00:51:45.616 Oh yeah, I mean,

NOTE Confidence: 0.82681237

00:51:45.616 --> 00:51:47.680 you definitely are speaking my language.

NOTE Confidence: 0.82681237

00:51:47.680 --> 00:51:50.128 I would say the answer for the first

NOTE Confidence: 0.82681237

00:51:50.128 --> 00:51:52.440 part with Doctor Owens at Harvard.

NOTE Confidence: 0.82681237

00:51:52.440 --> 00:51:55.014 I'm consulting on a intervention she's

NOTE Confidence: 0.82681237

00:51:55.014 --> 00:51:57.400 developing for school age children.

NOTE Confidence: 0.82681237

00:51:57.400 --> 00:51:59.288 And so she and I are talking about

NOTE Confidence: 0.82681237

00:51:59.288 --> 00:52:01.468 what I'd love to do is I actually want

NOTE Confidence: 0.82681237

00:52:01.468 --> 00:52:03.438 to create the program from prenatal.

NOTE Confidence: 0.82681237

00:52:03.440 --> 00:52:05.816 So just like we have breastfeeding

NOTE Confidence: 0.82681237

00:52:05.816 --> 00:52:07.400 classes for prenatal families,

NOTE Confidence: 0.82681237

00:52:07.400 --> 00:52:09.398 I think we should have sleep

NOTE Confidence: 0.82681237

00:52:09.400 --> 00:52:11.920 preparation and talk about the 1st.

NOTE Confidence: 0.82681237

00:52:11.920 --> 00:52:14.062 I mean, I feel like it would be very

NOTE Confidence: 0.82681237

00:52:14.062 --> 00:52:15.605 empowering to talk to a new parent

NOTE Confidence: 0.82681237

00:52:15.605 --> 00:52:17.526 and help them and let them know that

NOTE Confidence: 0.82681237

00:52:17.526 --> 00:52:19.260 there's only two stages of sleep and

NOTE Confidence: 0.82681237

00:52:19.260 --> 00:52:20.520 for the first two or three months.

NOTE Confidence: 0.82681237

00:52:20.520 --> 00:52:21.965 So actually the whole confusion

NOTE Confidence: 0.82681237

00:52:21.965 --> 00:52:23.768 the night and they hear these

NOTE Confidence: 0.82681237
00:52:23.768 --> 00:52:25.283 things about confusing their night
NOTE Confidence: 0.82681237
00:52:25.283 --> 00:52:27.960 and the day it it doesn't it.
NOTE Confidence: 0.82681237
00:52:27.960 --> 00:52:29.280 That's powerful information.
NOTE Confidence: 0.82681237
00:52:29.280 --> 00:52:31.079 So I'd love to do it from
NOTE Confidence: 0.82681237
00:52:31.079 --> 00:52:32.120 prenatal through school aid.
NOTE Confidence: 0.82681237
00:52:32.120 --> 00:52:35.960 Adolescence are a unique set of
NOTE Confidence: 0.82681237
00:52:35.960 --> 00:52:39.520 other set of circumstances and
NOTE Confidence: 0.82681237
00:52:39.520 --> 00:52:40.600 it'd be a whole nother talk.
NOTE Confidence: 0.82681237
00:52:40.600 --> 00:52:42.800 But I will just highlight a couple things.
NOTE Confidence: 0.82681237
00:52:42.800 --> 00:52:45.131 You really hit the nail on the head when
NOTE Confidence: 0.82681237
00:52:45.131 --> 00:52:47.676 you said about the the change in pattern.
NOTE Confidence: 0.82681237
00:52:47.676 --> 00:52:49.770 And a lot of families don't
NOTE Confidence: 0.82681237
00:52:49.844 --> 00:52:51.800 understand that adolescence,
NOTE Confidence: 0.82681237
00:52:51.800 --> 00:52:54.975 their Physiology changes that they
NOTE Confidence: 0.82681237
00:52:54.975 --> 00:52:57.704 become their bedtime if their
NOTE Confidence: 0.82681237

00:52:57.704 --> 00:53:00.176 circadian rhythm shifts to a bedtime
NOTE Confidence: 0.82681237

00:53:00.176 --> 00:53:03.600 that would be closer to 10:50 PM.
NOTE Confidence: 0.82681237

00:53:03.600 --> 00:53:07.284 And so that becomes very challenging
NOTE Confidence: 0.82681237

00:53:07.284 --> 00:53:09.839 when schools are starting at
NOTE Confidence: 0.82681237

00:53:09.840 --> 00:53:12.366 7:15 AM and they're expected to
NOTE Confidence: 0.82681237

00:53:12.366 --> 00:53:14.950 be in the classroom at 7:15 AM.
NOTE Confidence: 0.82681237

00:53:14.950 --> 00:53:16.560 And which means like in my neighborhood,
NOTE Confidence: 0.82681237

00:53:16.560 --> 00:53:18.456 they were picking up for school
NOTE Confidence: 0.82681237

00:53:18.456 --> 00:53:20.359 at 6:00 AM on the bus.
NOTE Confidence: 0.82681237

00:53:20.360 --> 00:53:22.570 We recommend the American Academy
NOTE Confidence: 0.82681237

00:53:22.570 --> 00:53:25.506 Pediatrics that and sleep society that that
NOTE Confidence: 0.82681237

00:53:25.506 --> 00:53:28.594 I'm sorry that school starts to be 8:30.
NOTE Confidence: 0.82681237

00:53:28.600 --> 00:53:30.466 And in Colorado they've done some
NOTE Confidence: 0.82681237

00:53:30.466 --> 00:53:32.377 great work where they have shifted
NOTE Confidence: 0.82681237

00:53:32.377 --> 00:53:35.080 the school start time and they have
NOTE Confidence: 0.82681237

00:53:35.080 --> 00:53:37.440 seen a reduction in adolescent

NOTE Confidence: 0.82681237

00:53:37.440 --> 00:53:40.480 depression and in suicidality.

NOTE Confidence: 0.82681237

00:53:40.480 --> 00:53:42.520 And so this is what so I think

NOTE Confidence: 0.82681237

00:53:42.520 --> 00:53:43.800 we all would say,

NOTE Confidence: 0.82681237

00:53:43.800 --> 00:53:45.456 but then we why we should

NOTE Confidence: 0.82681237

00:53:45.456 --> 00:53:46.560 just be changing this.

NOTE Confidence: 0.82681237

00:53:46.560 --> 00:53:49.038 It becomes a very complex because in

NOTE Confidence: 0.82681237

00:53:49.038 --> 00:53:51.949 New Haven the issue is that to have

NOTE Confidence: 0.82681237

00:53:51.949 --> 00:53:54.175 the younger children go into school

NOTE Confidence: 0.82681237

00:53:54.175 --> 00:53:56.807 earlier means they get off the bus

NOTE Confidence: 0.82681237

00:53:56.807 --> 00:53:58.552 earlier and they don't have families,

NOTE Confidence: 0.82681237

00:53:58.552 --> 00:53:59.792 don't have the child care,

NOTE Confidence: 0.82681237

00:53:59.800 --> 00:54:01.080 so the older children have

NOTE Confidence: 0.82681237

00:54:01.080 --> 00:54:02.880 to get off the bus earlier.

NOTE Confidence: 0.82681237

00:54:02.880 --> 00:54:03.616 And Greenwich,

NOTE Confidence: 0.82681237

00:54:03.616 --> 00:54:05.824 the issue that they've been resistant

NOTE Confidence: 0.82681237

00:54:05.824 --> 00:54:07.950 about late school start time is
NOTE Confidence: 0.82681237

00:54:07.950 --> 00:54:09.615 because the teachers can't afford
NOTE Confidence: 0.82681237

00:54:09.615 --> 00:54:11.896 to live in Greenwich and so they
NOTE Confidence: 0.82681237

00:54:11.896 --> 00:54:13.355 have resisted it because they
NOTE Confidence: 0.82681237

00:54:13.355 --> 00:54:14.720 don't want to be in the traffic.
NOTE Confidence: 0.82681237

00:54:14.720 --> 00:54:16.358 It would change the traffic pattern.
NOTE Confidence: 0.82681237

00:54:16.360 --> 00:54:18.418 So the the reasons for each town
NOTE Confidence: 0.82681237

00:54:18.418 --> 00:54:20.676 and why they don't want to do the
NOTE Confidence: 0.82681237

00:54:20.680 --> 00:54:23.000 delayed school start time becomes
NOTE Confidence: 0.82681237

00:54:23.000 --> 00:54:25.320 is very unique and challenging.
NOTE Confidence: 0.82681237

00:54:25.320 --> 00:54:26.925 But the literature and the
NOTE Confidence: 0.82681237

00:54:26.925 --> 00:54:28.880 evidence is there that these kids,
NOTE Confidence: 0.82681237

00:54:28.880 --> 00:54:31.154 you can't get the adequate amount
NOTE Confidence: 0.82681237

00:54:31.154 --> 00:54:33.742 of sleep if your bedtime Physiology
NOTE Confidence: 0.82681237

00:54:33.742 --> 00:54:37.438 is 10:50 PM and you have to get
NOTE Confidence: 0.82681237

00:54:37.438 --> 00:54:39.958 up at 5:30 to do your hair,

NOTE Confidence: 0.82681237

00:54:39.958 --> 00:54:41.794 eat your breakfast and get ready

NOTE Confidence: 0.9422656

00:54:41.800 --> 00:54:43.600 for school.

NOTE Confidence: 0.9422656

00:54:43.600 --> 00:54:45.994 So there's a lot of important work.

NOTE Confidence: 0.9422656

00:54:46.000 --> 00:54:47.440 And oh, and one last thing,

NOTE Confidence: 0.9422656

00:54:47.440 --> 00:54:49.000 sorry about the alcohol marijuana.

NOTE Confidence: 0.9422656

00:54:49.000 --> 00:54:51.310 The keynote address here at the

NOTE Confidence: 0.9422656

00:54:51.310 --> 00:54:52.850 sleep conference was actually

NOTE Confidence: 0.9422656

00:54:52.917 --> 00:54:54.555 I was took a picture of it

NOTE Confidence: 0.9422656

00:54:54.560 --> 00:54:56.400 because alcohol and marijuana,

NOTE Confidence: 0.9422656

00:54:56.400 --> 00:54:59.160 both marijuana has not been tested.

NOTE Confidence: 0.9422656

00:54:59.160 --> 00:55:00.753 We don't have a lot of studies on it,

NOTE Confidence: 0.9422656

00:55:00.760 --> 00:55:04.315 but it's we know for a fact that alcohol

NOTE Confidence: 0.9422656

00:55:04.320 --> 00:55:06.560 actually makes your sleep worse.

NOTE Confidence: 0.9422656

00:55:06.560 --> 00:55:08.200 So while it might help them fall asleep,

NOTE Confidence: 0.9422656

00:55:08.200 --> 00:55:11.265 their sleep quality is very

NOTE Confidence: 0.9422656

00:55:11.265 --> 00:55:13.260 reduced and they it's a reduction
NOTE Confidence: 0.9422656

00:55:13.260 --> 00:55:15.280 in flow wave sleep and REM sleep.
NOTE Confidence: 0.9422656

00:55:15.280 --> 00:55:17.872 And it looks like marijuana is also the same,
NOTE Confidence: 0.9422656

00:55:17.880 --> 00:55:19.602 which I was a little surprised about
NOTE Confidence: 0.9422656

00:55:19.602 --> 00:55:21.410 because you hear a lot of people
NOTE Confidence: 0.9422656

00:55:21.410 --> 00:55:22.685 talking about taking gummies and
NOTE Confidence: 0.9422656

00:55:22.685 --> 00:55:24.477 things like that to help them to sleep.
NOTE Confidence: 0.9422656

00:55:24.480 --> 00:55:26.237 But we definitely need more data on
NOTE Confidence: 0.644184001111111

00:55:30.560 --> 00:55:34.754 my son during COVID had a his first job.
NOTE Confidence: 0.644184001111111

00:55:34.760 --> 00:55:35.915 When I feel you, by the way,
NOTE Confidence: 0.644184001111111

00:55:35.920 --> 00:55:37.558 because my kids are now adults.
NOTE Confidence: 0.644184001111111

00:55:37.560 --> 00:55:39.880 They're 19 and 22, which is going to
NOTE Confidence: 0.644184001111111

00:55:39.880 --> 00:55:42.634 make Nancy fall off her chair and Sarah,
NOTE Confidence: 0.644184001111111

00:55:42.634 --> 00:55:45.483 but like they're they're now adults.
NOTE Confidence: 0.644184001111111

00:55:45.483 --> 00:55:48.387 But when he was 16 was during COVID
NOTE Confidence: 0.644184001111111

00:55:48.387 --> 00:55:50.963 working at CVS and I found a bottle

NOTE Confidence: 0.644184001111111
00:55:50.963 --> 00:55:52.997 of 10 milligram melatonin CVS brand
NOTE Confidence: 0.644184001111111
00:55:52.997 --> 00:55:56.016 on his night stand and I lost my mind.
NOTE Confidence: 0.644184001111111
00:55:56.016 --> 00:55:57.720 And then I called myself
NOTE Confidence: 0.644184001111111
00:55:57.720 --> 00:55:59.400 and mentalized and said,
NOTE Confidence: 0.644184001111111
00:55:59.400 --> 00:56:00.798 tell me what you're doing this.
NOTE Confidence: 0.644184001111111
00:56:00.800 --> 00:56:02.788 And I said it would never recommend
NOTE Confidence: 0.644184001111111
00:56:02.788 --> 00:56:04.542 10 milligrams, never CVS brand.
NOTE Confidence: 0.644184001111111
00:56:04.542 --> 00:56:06.118 What were you thinking?
NOTE Confidence: 0.644184001111111
00:56:06.120 --> 00:56:07.224 So with the bottle said it
NOTE Confidence: 0.644184001111111
00:56:07.224 --> 00:56:08.280 will help you sleep better.
NOTE Confidence: 0.644184001111111
00:56:08.280 --> 00:56:09.638 So since he was only going to
NOTE Confidence: 0.644184001111111
00:56:09.638 --> 00:56:10.839 sleep for five or six hours,
NOTE Confidence: 0.644184001111111
00:56:10.840 --> 00:56:13.115 he thought he could stay up later,
NOTE Confidence: 0.644184001111111
00:56:13.120 --> 00:56:14.800 have a shorter period of time
NOTE Confidence: 0.644184001111111
00:56:14.800 --> 00:56:16.366 to have better quality sleep
NOTE Confidence: 0.644184001111111

00:56:16.366 --> 00:56:17.918 and but totally misunderstood.
NOTE Confidence: 0.6441840011111111

00:56:17.920 --> 00:56:19.584 And then went on to tell me that
NOTE Confidence: 0.6441840011111111

00:56:19.584 --> 00:56:21.033 the bottle was returned by a
NOTE Confidence: 0.6441840011111111

00:56:21.033 --> 00:56:22.509 customer and they are not allowed
NOTE Confidence: 0.6441840011111111

00:56:22.565 --> 00:56:23.916 to put it back on the shelf.
NOTE Confidence: 0.6441840011111111

00:56:23.920 --> 00:56:27.164 And so he, he didn't buy it, he just took it.
NOTE Confidence: 0.6441840011111111

00:56:27.164 --> 00:56:30.193 So now I was dealing with taking 10
NOTE Confidence: 0.6441840011111111

00:56:30.193 --> 00:56:32.758 milligrams CVS brand returned bottle.
NOTE Confidence: 0.6441840011111111

00:56:32.760 --> 00:56:34.164 Smart kid and Nancy will know
NOTE Confidence: 0.6441840011111111

00:56:34.164 --> 00:56:35.799 exactly which fun I'm talking about.
NOTE Confidence: 0.5604473

00:56:40.320 --> 00:56:42.440 Adolescent risk taking. Yes.
NOTE Confidence: 0.8577014622222222

00:56:42.680 --> 00:56:44.479 Yeah. The way they think is a
NOTE Confidence: 0.8577014622222222

00:56:44.479 --> 00:56:45.852 whole different, you know it,
NOTE Confidence: 0.8577014622222222

00:56:45.852 --> 00:56:47.556 it just surprises you every time.
NOTE Confidence: 0.8577014622222222

00:56:47.560 --> 00:56:48.280 I'm like, what
NOTE Confidence: 0.9114354133333333

00:56:48.280 --> 00:56:48.880 did you think?

NOTE Confidence: 0.87480671625
00:56:51.040 --> 00:56:52.160 Monica? Thank you again
NOTE Confidence: 0.87480671625
00:56:52.160 --> 00:56:53.280 for joining us today.
NOTE Confidence: 0.87480671625
00:56:53.280 --> 00:56:54.400 For Grand Rat especially,
NOTE Confidence: 0.87480671625
00:56:54.400 --> 00:56:55.800 it's just such short notice.
NOTE Confidence: 0.87480671625
00:56:55.800 --> 00:56:57.102 That was a really interesting talk
NOTE Confidence: 0.87480671625
00:56:57.102 --> 00:56:58.421 and I guess probably sparked a
NOTE Confidence: 0.87480671625
00:56:58.421 --> 00:56:59.633 lot of ideas for our community.
NOTE Confidence: 0.87480671625
00:56:59.640 --> 00:57:01.105 So anyone who is interested
NOTE Confidence: 0.87480671625
00:57:01.105 --> 00:57:02.277 in collaborating with Monica,
NOTE Confidence: 0.87480671625
00:57:02.280 --> 00:57:03.594 please feel free to reach out
NOTE Confidence: 0.87480671625
00:57:03.594 --> 00:57:04.800 and thank you once again.
NOTE Confidence: 0.85148974375
00:57:05.720 --> 00:57:07.520 Thank you, Sir. Thanks for
NOTE Confidence: 0.85148974375
00:57:07.520 --> 00:57:08.920 having me everyone. Bye bye.