



Figure 1. An approach to assessing and managing sleep problems in adolescents.

ABCs of SLEEPING, **A**ge-appropriate sleep duration, regular **B**edtimes, **C**onsistent sleep-wake routine, **S**cheduling daytime activities appropriately, **L**ocation of the bedroom is cool, dark, quiet and reserved only for sleeping, **n**o **E**lectronics in bed or before bed, **E**xercise and diet, **P**ositive parenting, **I**ndependent sleep onset, biophysical and emotional **N**eeds are met for a **G**reat sleep; ADHD, attention deficit hyperactivity disorder; BEARS, **B**edtime problems, **E**xcessive daytime sleepiness, **A**wakenings during the night, **R**egularity and duration of sleep, **S**leep disordered breathing; ENT, ear, nose and throat; GP, general practitioner; OSA, obstructive sleep apnoea.