



Defense Health Agency (DHA) Clinical Communities Speaker Series

2026 MAY CCSS Operation Ready Families: Strong Families, Strong Force

2026 MAY CCSS S06: Sleep Under Fire: A Multi-Disciplinary Approach to Sleep Issues in Military Children

Resource List

[Pediatric Melatonin Ingestions-United States 2012-2021](#) (2022) detailed a massive spike in pediatric melatonin ingestions and emergency hospitalizations. This serves as a strong safety directive for MHS providers to actively counsel families on safe storage and appropriate dosing of over-the-counter sleep aids. Given the frequent reliance on over-the-counter supplements during stressful Permanent Change of Station (PCS) moves or deployments to manage changing time zones and routines, this data is critical for preventive counseling at MTFs. MHS pediatricians can leverage this report to standardize anticipatory guidance on medication safety, thereby reducing preventable emergency department visits and protecting the health of military children.

[Exploring Future Directions in the Treatment of Long COVID](#) (2024) traces the long-term impacts of illnesses like Long-COVID and post-viral syndromes highlight sleep disturbances (insomnia, fatigue, post-exertional malaise) as critical barriers to pediatric recovery. Military providers treating post-acute sequelae in active families benefit from tracking these prolonged sleep impacts. Access to this consensus data allows Military Treatment Facility (MTF) pediatricians to differentiate between routine behavioral sleep issues and organic, post-viral sleep disruptions. By integrating these findings into clinical practice, MHS providers can establish more accurate, multi-disciplinary treatment plans that support the long-term physical recovery and readiness of the entire military family unit.

[Management of Sleep Disorders Among Children and Adolescents with Neurodevelopmental Disorders: A Practical Guide for Clinicians](#) (2023) reported that up to 75% of children and young people with neurodevelopmental, emotional, behavioral and intellectual disorders (NDEBID) are known to experience different types of insomnia, associated with significant behavioral, emotional, cognitive and academic impairments, as well as negative impact on the wellbeing of other family members. This paper provides a brief overview of sleep physiology, etiology, classification and prevalence of sleep disorders among children and adolescents with NDEBIDs. It outlines different strategies for the management of sleep disorders, including parenting training/psychoeducation, the use of cognitive-behavioral strategies and pharmacotherapy. Practical management including clinical assessment, investigations, care plan formulation and follow-up are outlined.

[Teens, Screens, and Mental Health](#) (2024) highlighted growing global evidence that problematic social media and electronic use are leading to later bedtimes and severely reduced sleep-in adolescents. It gives military pediatricians global data and talking points to discuss digital hygiene and sleep phase delays with military teens. For MHS providers caring for adolescents who may use screens heavily to cope with frequent relocations, stay connected with old friends, or communicate with a deployed parent, this resource offers vital, evidence-based communication strategies. It equips clinicians to collaboratively build realistic screen-time boundaries with families, fostering healthier sleep architectures necessary for academic success and emotional regulation.



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References

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- Ogundele, M.O., & Yemula, C. (2022). Management of sleep disorders among children and adolescents with neurodevelopmental disorders: A practical guide for clinicians. *World Journal of Clinical Pediatrics*, 11(3), 239-252. <https://pmc.ncbi.nlm.nih.gov/articles/PMC9134149/>
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