

SIGNS OF OVERTIREDNESS

BY AGE

@THRIVEANDRESTCONSULTING- PEDIATRIC SLEEP SUPPORT



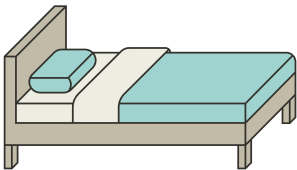
INFANTS (0-12 MONTHS)

- RUBBING EYES
- FUSSINESS & CRYING
- FREQUENT WAKINGS
- SHORT NAPS
- DIFFICULTY SETTLING



TODDLERS (1-3 YEARS)

- TEARS AT BEDTIME
- MELTDOWNS
- CLINGINESS
- DIFFICULTY WINDING DOWN



CHILDRENS (4-12 YEARS)

- HYPERACTIVITY
- FREQUENT NIGHT WAKINGS
- FALLING ASLEEP IN CAR
- MOOD SWINGS & IRRITABILITY



TEENS (13-18 YEARS)

- DIFFICULTY FALLING ASLEEP
- TROUBLE FOCUSING
- OVERSLEEPING ON WEEKENDS
- MOODSWINGS & IRRITABILITY