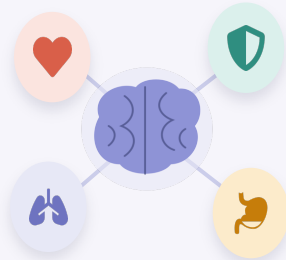


Why sleep matters?



- Good sleep strengthens the **immune system** and support a **healthy gut**.
- Sleep keeps **mood steady**, **sharpen focus**, and helps the brain **learn and remember**.
- In children, sleep problems are **common**, but they **often go unnoticed**. Broken sleep, restless nights, and daytime tiredness can hide in plain sight.
- Broken sleep can trigger symptoms and leave kids foggy the next day. Steady sleep keeps them **sharp, calm, and ready to learn**.

*This leaflet is purely informative, for any sleep issues talk and discuss to care team.
It does not replace advice from your own care team.



How much sleep do we need?

Newborn 0–3 months **14–17 h**

Baby 4–11 months **12–15 h**

Toddler 1–2 years **11–14 h**

Preschool 3–5 years **10–13 h**

School age 6–12 years **9–12 h**

Teen 13–18 years **8–10 h**

Adult 18–64 years **7–9 h**

Older adult 65+ years **7–8 h**

Consistency is everything.

Same bedtime. Same wake time. Uninterrupted sleep.



Sleep is a family affair.

One shared rhythm helps the whole household rest easier.

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A SLEEP GUIDE FOR
G1D FAMILIES

SLEEP WELL; LIVE BETTER

*Healthy sleep for children and families
living with GLUT1 Deficiency Syndrome*



Steady rest. Better days.

For informational purposes only — not medical advice.

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Red flags: when to ask for help



It usually takes a long time to fall asleep



Wakes often, or sleep is restless



Snores loudly, or seems to stop breathing during sleep



Very sleepy during the day and/or falls asleep at school



Unusual movements, stiffening or jerks in sleep or on waking



Confused, flat and/or low on energy in the mornings



Mood is low or irritable and it doesn't lift

Sounds familiar? Talk to your care team.

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A calm bedtime routine

Wind down for sleep.



Same bedtime every night
Yes, even at weekends.



A gentle wind-down
Warm bath, a story, a cuddle.



Screens off at least 1 hour before bed
TV, tablet and phone go to sleep first.



Dim the lights, cool the room
Quiet, dark and a little cool.



Stick to your diet
Keep meals and timing as prescribed, don't add a snack before sleep.



Into bed drowsy but still awake
Falling asleep happens in bed.

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Family's sleep toolkit



Screens off in the evening
Blue light and buzz keep the brain awake.



Catch the morning light
Open the curtains, step outside, it sets the body clock.



Same wake-up time daily
A steady morning anchors the whole day.



Steady, planned meals
Follow your diet timing; do not change your food schedule.



Cool, dark, quiet room
A calm cave is easiest to sleep in.



Active by day, calm by night
Play and move early; slow down before bed.



Keep evenings low-stress
Calm minds settle to sleep faster.



Ask your care team for a plan that fits your child.

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