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## Sleep Vocabulary

Did you know that sleep has a vocabulary? Below are some words you will find in this News You Can Use as well as other articles or books about sleep. Knowing these words will be helpful if you decide to learn more about sleep.

### Sleepy words:

**Circadian Rhythm** means the biological cycles people go through in a twenty-four hour period. These cycles include sleeping, waking, eating, hormones, and even body temperature (Ferber 2006, 31). Think about the times of day when you feel hungry or tired; this is part of your body's circadian rhythm!



**Consolidation** means sleeping through the night, or at least for longer periods of time.

**Self-regulation** refers to the ability to manage emotions, physical needs, and arousal. For example young babies may need help to fall asleep and to manage their emotions. A very young infant who is startled might have a hard time calming down by themselves, but if a trusted adult holds and comforts them they may find it easier to settle. That sort of responsive interaction, repeated over time, can help a baby learn how to self-regulate.

**Self-soothe** is the ability to soothe, or calm down without help from an adult. Babies are not born with this ability! Babies learn how to soothe themselves when the adults in their lives are available to help them be calm. Some babies are really good at this and will suck their thumbs to help themselves fall asleep. Sometimes babies need a little more help to calm down like rocking and lullabies.

**Sudden Infant Death Syndrome (SIDS)** is the medical term used when an infant dies, usually when left alone to sleep, suddenly and without a cause that can be determined.

**Temperament** describes the way a child approaches and reacts to the world (ZTT website). Temperament is something we are born with and tends to stay the same over time. A child who is naturally more easy going is likely to have an easier time falling asleep than a child who has hard time adapting to new situations.