

The Importance of Sleep for Your Child

From Brigham and Women's Hospital

A good night's sleep is as important to your child as a hearty breakfast. Children who don't get enough sleep are more likely to struggle with their schoolwork, perform poorly on the playing field and feel the effects of depression, studies show.

A whopping 69 percent of American kids have one or more sleep problems a week, according to the National Sleep Foundation (NSF). That includes trouble getting to sleep or staying asleep. Kids are sleeping less today—about four hours less per week—than they did a decade ago. Parents who have to stay awake coaxing a child to bed are robbed of their own valuable sleep, as well.

The best cure is a consistent bedtime schedule. Stick to a bedtime that allows 11 to 13 hours for 3- to 5-year-old children and 10 to 11 hours for school-aged children.

If your child's current bedtime is too late, move it 15 minutes earlier each night until you reach the desired bedtime. Tuck resistors back into their own beds, promptly and repeatedly, until they get the message that you expect them to fall asleep on their own. Also:

- ☞ **Unplug the bedroom.** Turn off TVs, computers and cell phones. Better yet, keep such devices out of the bedroom, which should be a stimulation-free zone.
- ☞ **Set a wind-down routine.** Start the transition to sleep with dimmed lights and a warm bath, and end with reading a book.
- ☞ **Go decaf.** Drinking any caffeine during the day affects sound sleep. Caffeine is found not just in coffee and cola, but also in tea and chocolate.
- ☞ **Reduce daytime stimulation.** Overbooked kids who rush from band practice to dance class to dinner to homework may be too keyed up at bedtime to unwind. Experts recommend one activity per season.



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Dear Reader,

In this edition of Health Update, we bring you some of the latest research and helpful tips from the WorldCare Consortium Hospitals. Have a great and healthy summer!

Sincerely,

Rebika Shaw,

Regional Director, Corporate Communications

HEALTH NEWS

Water, Water, Everywhere – How Much of it to Drink?

From Mayo Clinic staff

Water is vital for good health, yet people's needs vary from person to person. How much should you drink each day? It's a simple question with no easy answers.

Studies have produced different advice over the years, but in truth, your water needs depend on many factors, including your health, how active you are and where you live.

Water makes up about 60 percent of your body weight. Every system in your body depends on water. For example, it flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues.

Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

For the average healthy adult living in a temperate climate, doctors generally recommend 8 or 9 cups daily. If you drink enough fluid so that you rarely feel thirsty and produce 1.5 liters (6.3 cups) or more of colorless or slightly yellow urine a day, your fluid intake is probably OK. But if you're concerned about drinking enough, check with your doctor or a registered dietitian. He or she can help you determine the amount of water that's best for you.

Treating Tinnitus With Tunes

From Duke Medicine

You know the droning sound a refrigerator makes? That, or something similar, is the noise that 50 million Americans with tinnitus must endure.

Often caused by exposure to loud noise, this ear-ringing condition is becoming more common, especially among veterans. People who use portable music players are also at risk, and so are people who undergo certain chemotherapies or have stress, head and neck trauma or sinus infections.

To treat tinnitus, hearing experts often turn to special hearing aids to make the ailment more manageable. But Duke audiologist Rebecca Price says a new technique may help some patients with tinnitus: the Neuromonics Tinnitus Treatment Program.

"While tinnitus may begin as the result of damage to the hearing mechanism," says Price, "it is our brain's response that causes an increased perception of internal sound. This new program addresses not only the damage to the person's hearing, but also the brain's role in the disorder."

In the first phase of the program, soothing music is embedded with sound that is customized to the particular patient's hearing loss and to the sound that's bothering the patient.

Patients use an MP3 player to listen to this music for at least two hours a day for about two months, during which time the brain learns to ignore the sound created by the tinnitus.

"Because music spans a broad range of sound frequencies, it allows us to control how the patient experiences the tinnitus and helps the brain learn to interpret the sound differently," Price says.

During the next four to six months, the

NEWS ON WORLDCARE

WorldCare and Stepping Stones partner to establish a chain of autism centers in Dubai and worldwide. In keeping with WorldCare's history and mission of improving the health of all people by providing affordable, timely access to quality health care services through a global network, WorldCare has partnered with Stepping Stones, a U.S.-based organization certified by the Department of Education and Department of Developmental Services in providing a full-range of services dedicated to improving the lives of individuals across various special needs. Stepping Stones maintains operations in California, and in partnership with WorldCare Autism Centers Ltd., has expanded their services in the Gulf Cooperation Council. In response to the extreme shortage of quality treatments and programs, WorldCare and Stepping Stones are collaborating to establish one of the first chains of autism centers worldwide.

Their commitment and dedication has already been recognized in Special Education throughout Dubai, Stepping Stones was honored recently with three prestigious Princess Haya Awards for Special Education.

Patient Perspective

"It's really peace of mind because we know that there aren't better treatment options out there. I already have recommended this service to others."

WorldCare member

About WorldCare

The global health care community has trusted WorldCare since 1994, when it became the first company to offer physician-referred, patient-specific, second opinion e-consultations (telemedicine) for serious illnesses. WorldCare benefits patients around the world by providing access to top physicians, cutting edge medical practices and best medical advice through highly specialized electronic medical opinions from the best medical centers in the United States.

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music is altered and the specific sound is removed from the music, allowing the patient to be re-exposed to the original sound of the tinnitus.

"The second phase of treatment is where active rewiring of the brain takes place and the brain is trained to attach a more neutral response to the tinnitus," Price

says. "The hope is that the patient will come to ignore the sound - or at least find it much less bothersome."

At Duke, 30 patients have undergone treatment to date; although tinnitus has no cure, patients have noted less awareness of their tinnitus and an improved quality of life.



Contact your local WorldCare office if you are interested in obtaining a second opinion from a WorldCare Consortium hospital. Visit www.WorldCare.com for more information.