WEBVTT

00:00:00.000 --> 00:00:01.900 Medicine family medical education

00:00:01.900 --> 00:00:04.275 faculty fellowship in patient centered

00:00:04.275 --> 00:00:06.849 care and fellowship in Sleep Medicine.

00:00:06.850 --> 00:00:08.666 She's currently a clinical

00:00:08.666 --> 00:00:10.936 assistant professor in the division

00:00:10.936 --> 00:00:12.296 of pediatric pulmonologist,

00:00:12.296 --> 00:00:15.014 asthma and Sleep Medicine at Stanford,

00:00:15.020 --> 00:00:17.475 an associate program director for

00:00:17.475 --> 00:00:19.439 the Stanford pediatric residency

00:00:19.439 --> 00:00:21.992 program in member of the Stanford

00:00:21.992 --> 00:00:23.645 teaching and mentoring Academy,

00:00:23.645 --> 00:00:26.370 she's received numerous awards for her

00:00:26.370 --> 00:00:29.280 clinical teaching and work in medical

00:00:29.280 --> 00:00:31.650 education and patient centered care.

NOTE Confidence: 0.8713133

00:00:31.650 --> 00:00:33.926 In her research concludes a project

NOTE Confidence: 0.8713133

00:00:33.926 --> 00:00:36.356 related to burnout among physicians.

NOTE Confidence: 0.8713133

00:00:36.360 --> 00:00:38.590 I personally have had the privilege

NOTE Confidence: 0.8713133

00:00:38.590 --> 00:00:40.416 of working alongside Doctorow Cory

NOTE Confidence: 0.8713133

00:00:40.416 --> 00:00:42.588 on the American College of chest

NOTE Confidence: 0.8713133

00:00:42.588 --> 00:00:44.517 position sleep Network Committee an.

NOTE Confidence: 0.8713133

00:00:44.520 --> 00:00:46.963 I was delighted when she accepted my

NOTE Confidence: 0.8713133

00:00:46.963 --> 00:00:49.240 invitation to share her expertise in

NOTE Confidence: 0.8713133

00:00:49.240 --> 00:00:51.568 pediatric Sleep Medicine with us today,

NOTE Confidence: 0.8713133

00:00:51.570 --> 00:00:53.799 so please join me in welcoming

NOTE Confidence: 0.8713133

00:00:53.800 --> 00:00:56.026 her and thanks for your patience

NOTE Confidence: 0.8713133

00:00:56.026 --> 00:00:57.510 with the technological challenges

NOTE Confidence: 0.8713133

00:00:57.510 --> 00:00:59.360 this morning or this afternoon.

NOTE Confidence: 0.91129214

00:01:02.710 --> 00:01:05.330 Thank you so much.

NOTE Confidence: 0.91129214

00:01:05.330 --> 00:01:07.786 Is very kind of you to say Lauren

NOTE Confidence: 0.91129214

00:01:07.786 --> 00:01:09.620 are doctor Tobias. It's been.

NOTE Confidence: 0.91129214

00:01:09.620 --> 00:01:12.260 Thank you so much for having me everybody.

NOTE Confidence: 0.91129214

00:01:12.260 --> 00:01:14.900 So I I this is not obviously exhausted.

NOTE Confidence: 0.91129214

00:01:14.900 --> 00:01:17.210 Talk about sleep in autism spectrum disorder,

NOTE Confidence: 0.91129214

00:01:17.210 --> 00:01:19.498 but I thought they might be helpful to

NOTE Confidence: 0.91129214

00:01:19.498 --> 00:01:21.830 get little perspective about what's out.

NOTE Confidence: 0.91129214

00:01:21.830 --> 00:01:23.762 There was kind of recent and

NOTE Confidence: 0.91129214

00:01:23.762 --> 00:01:25.460 leisure regarding this this issue.

NOTE Confidence: 0.91129214

00:01:25.460 --> 00:01:27.876 I even though what time for questions at

NOTE Confidence: 0.91129214

00:01:27.876 --> 00:01:30.326 the end if there's anything I say that's

NOTE Confidence: 0.91129214

00:01:30.326 --> 00:01:33.089 kind of out of Turner really spark some

NOTE Confidence: 0.91129214

00:01:33.089 --> 00:01:35.796 interesting debate you want to talk about?

NOTE Confidence: 0.91129214

00:01:35.796 --> 00:01:37.976 Please by all means just.

NOTE Confidence: 0.91129214

00:01:37.980 --> 00:01:38.721 I don't know.

NOTE Confidence: 0.91129214

00:01:38.721 --> 00:01:40.709 I think this way like raise your hand

NOTE Confidence: 0.91129214

00:01:40.709 --> 00:01:42.545 or put in the chat and we can try

NOTE Confidence: 0.91129214

00:01:42.600 --> 00:01:44.478 to have some lively discussion too.

NOTE Confidence: 0.91129214

00:01:44.480 --> 00:01:47.248 So I have no commercial support for this

NOTE Confidence: 0.91129214

00:01:47.248 --> 00:01:49.798 presentation or conflicts of interest report,

NOTE Confidence: 0.91129214

00:01:49.800 --> 00:01:51.700 so the my objectives include

NOTE Confidence: 0.91129214

00:01:51.700 --> 00:01:53.600 I'm helping us to understand.

NOTE Confidence: 0.91129214

00:01:53.600 --> 00:01:55.345 Sleep disturbance is very common

NOTE Confidence: 0.91129214

00:01:55.345 --> 00:01:56.741 among children and adults

NOTE Confidence: 0.91129214

00:01:56.741 --> 00:01:58.538 with autism spectrum disorder.

NOTE Confidence: 0.91129214

00:01:58.540 --> 00:02:00.475 Recall the common sleep disruption

NOTE Confidence: 0.91129214

00:02:00.475 --> 00:02:02.410 complaints in children and adults

NOTE Confidence: 0.91129214

00:02:02.473 --> 00:02:04.238 with autism recognize the role

NOTE Confidence: 0.91129214

00:02:04.238 --> 00:02:06.003 the comorbid medical and mental

NOTE Confidence: 0.91129214

00:02:06.064 --> 00:02:08.386 health conditions can play in the

NOTE Confidence: 0.91129214

00:02:08.386 --> 00:02:09.934 exacerbations of sleep complaints.

NOTE Confidence: 0.91129214

00:02:09.940 --> 00:02:13.480 Understand the consequences is specific to.

NOTE Confidence: 0.91129214

00:02:13.480 --> 00:02:14.500 Spectrum disorder and

NOTE Confidence: 0.91129214

00:02:14.500 --> 00:02:15.180 explore recommendations.

NOTE Confidence: 0.91129214

00:02:15.180 --> 00:02:17.460 How to develop a plan to evaluate and

NOTE Confidence: 0.91129214

00:02:17.460 --> 00:02:19.701 treats some concerns in these patients

NOTE Confidence: 0.91129214

00:02:19.701 --> 00:02:21.711 and even review some frequently

NOTE Confidence: 0.91129214

00:02:21.711 --> 00:02:23.570 considered pharmacologic therapies.

NOTE Confidence: 0.91129214

00:02:23.570 --> 00:02:25.094 So just very briefly,

NOTE Confidence: 0.91129214

00:02:25.094 --> 00:02:27.380 autism spectrum disorder is an early

NOTE Confidence: 0.91129214

00:02:27.447 --> 00:02:29.311 onset neurodevelopmental disorder with

NOTE Confidence: 0.91129214

00:02:29.311 --> 00:02:32.310 core features defined by the DSM 5,

NOTE Confidence: 0.91129214

00:02:32.310 --> 00:02:35.215 so effects point 61.7% of people worldwide.

NOTE Confidence: 0.91129214

00:02:35.220 --> 00:02:37.524 It's obviously a spectrum of symptoms

NOTE Confidence: 0.91129214

00:02:37.524 --> 00:02:39.060 with characterized by persistent

NOTE Confidence: 0.91129214

00:02:39.118 --> 00:02:41.038 difficulties in social interaction,

NOTE Confidence: 0.91129214

00:02:41.040 --> 00:02:42.288 communication, stereotypic behaviors,

NOTE Confidence: 0.91129214

00:02:42.288 --> 00:02:43.120 restricted interests,

NOTE Confidence: 0.91129214

00:02:43.120 --> 00:02:45.028 and atypical sensory activity.

NOTE Confidence: 0.91129214

00:02:45.028 --> 00:02:47.413 So an intellectual disability is

NOTE Confidence: 0.91129214

00:02:47.413 --> 00:02:49.672 observed in at least 50% of cases.

NOTE Confidence: 0.91129214

00:02:49.672 --> 00:02:50.394 And no,

NOTE Confidence: 0.91129214

00:02:50.394 --> 00:02:53.183 I mean the most of this data

NOTE Confidence: 0.91129214

00:02:53.183 --> 00:02:54.770 is from Children's.

NOTE Confidence: 0.91129214

00:02:54.770 --> 00:02:57.476 That's where most of the studies.

NOTE Confidence: 0.91129214

00:02:57.480 --> 00:02:58.629 The city's life.

NOTE Confidence: 0.91129214

00:02:58.629 --> 00:03:00.161 Most common sleep complaints

NOTE Confidence: 0.91129214

00:03:00.161 --> 00:03:01.840 are the most common.

NOTE Confidence: 0.91129214

00:03:01.840 --> 00:03:04.108 Complaints are sleep 50 to 80%.

NOTE Confidence: 0.91129214

00:03:04.110 --> 00:03:06.000 Children with ASD do have

NOTE Confidence: 0.91129214

00:03:06.000 --> 00:03:07.890 some sort of sleep complaints.

NOTE Confidence: 0.91129214

00:03:07.890 --> 00:03:11.010 The most common is delayed sleep onset and

NOTE Confidence: 0.91129214

00:03:11.010 --> 00:03:12.859 frequent nighttime awakenings were kind

NOTE Confidence: 0.91129214

00:03:12.859 --> 00:03:15.830 of right at the top short sleep duration.

NOTE Confidence: 0.91129214

00:03:15.830 --> 00:03:16.964 Early morning awakening,

NOTE Confidence: 0.91129214

00:03:16.964 --> 00:03:18.098 delayed sleep phase,

NOTE Confidence: 0.91129214

00:03:18.100 --> 00:03:20.580 erratic sleep patterns and daytime

NOTE Confidence: 0.91129214

00:03:20.580 --> 00:03:23.060 sleepiness are also very common.

NOTE Confidence: 0.91129214

00:03:23.060 --> 00:03:25.412 And when we look at objective measures

NOTE Confidence: 0.91129214

00:03:25.412 --> 00:03:27.480 of sleep during polysomnography,

NOTE Confidence: 0.91129214

00:03:27.480 --> 00:03:27.832 actigraphy,

NOTE Confidence: 0.91129214

00:03:27.832 --> 00:03:30.296 the studies at present have shown that

NOTE Confidence: 0.91129214

00:03:30.296 --> 00:03:32.709 we have decreased sleep efficiency,

NOTE Confidence: 0.91129214

00:03:32.710 --> 00:03:33.913 decreased REM sleep,

NOTE Confidence: 0.91129214

00:03:33.913 --> 00:03:35.517 decreased total sleep time,

NOTE Confidence: 0.91129214

00:03:35.520 --> 00:03:36.726 sleep onset latency,

NOTE Confidence: 0.91129214

00:03:36.726 --> 00:03:38.334 wake after sleep increased.

NOTE Confidence: 0.91129214

00:03:38.340 --> 00:03:39.944 Sorry, increased sleep onset,

NOTE Confidence: 0.91129214

00:03:39.944 --> 00:03:42.354 latency increase, wake after sleep onset,

NOTE Confidence: 0.91129214

00:03:42.354 --> 00:03:43.557 increased daytime naps.

NOTE Confidence: 0.91129214

00:03:43.560 --> 00:03:46.374 These, of course, are some SMS heterogeneity.

NOTE Confidence: 0.91129214

00:03:46.380 --> 00:03:47.182 Genetic studies.

NOTE Confidence: 0.91129214

00:03:47.182 --> 00:03:48.786 They are mostly pediatric.

NOTE Confidence: 0.91129214

00:03:48.790 --> 00:03:49.996 There's limited data.

NOTE Confidence: 0.91129214

00:03:49.996 --> 00:03:52.408 An adult with autism spectrum disorder,

NOTE Confidence: 0.91129214

00:03:52.410 --> 00:03:54.062 an intellectual disability due

NOTE Confidence: 0.91129214

00:03:54.062 --> 00:03:56.127 to the past having trouble.

NOTE Confidence: 0.91129214

00:03:56.130 --> 00:03:58.146 Then tolerating the sleep study actigraphy,

NOTE Confidence: 0.91129214

00:03:58.150 --> 00:03:59.835 and many of these patients

NOTE Confidence: 0.91129214

00:03:59.835 --> 00:04:00.846 have comorbid conditions,

NOTE Confidence: 0.91129214

00:04:00.850 --> 00:04:03.402 but at least it gives us some idea

NOTE Confidence: 0.91129214

00:04:03.402 --> 00:04:05.507 of how their sleep architecture

NOTE Confidence: 0.91129214

00:04:05.507 --> 00:04:08.727 can be can be perturbed by autism.

NOTE Confidence: 0.91129214

00:04:08.730 --> 00:04:10.858 And when we look at insomnia severity

NOTE Confidence: 0.91129214

00:04:10.858 --> 00:04:12.815 in adults with ASD sleep difficulties

NOTE Confidence: 0.91129214

00:04:12.815 --> 00:04:15.104 as we know tent from childhood to

NOTE Confidence: 0.808747650000001

00:04:15.172 --> 00:04:17.170 persist into adulthood and so in

NOTE Confidence: 0.808747650000001

00:04:17.170 --> 00:04:19.164 some nice trading adults with ASD

NOTE Confidence: 0.808747650000001

00:04:19.164 --> 00:04:20.799 is associated with hyper reactivity

NOTE Confidence: 0.808747650000001

00:04:20.799 --> 00:04:22.419 and social skills in Pyramid.

NOTE Confidence: 0.808747650000001

00:04:22.420 --> 00:04:24.590 So the hypothesis is that you have

NOTE Confidence: 0.808747650000001

00:04:24.590 --> 00:04:26.329 hyper reactivity to sounds light.

NOTE Confidence: 0.808747650000001

00:04:26.330 --> 00:04:27.806 Make sleep more difficult.

NOTE Confidence: 0.808747650000001

00:04:27.806 --> 00:04:29.282 Social skills impairments have

NOTE Confidence: 0.808747650000001

00:04:29.282 --> 00:04:31.399 lack of social skills are unable

NOTE Confidence: 0.808747650000001

00:04:31.399 --> 00:04:33.373 to organ impairment in the social

NOTE Confidence: 0.808747650000001

00:04:33.438 --> 00:04:35.307 skills so unable to go to school

NOTE Confidence: 0.808747650000001

00:04:35.307 --> 00:04:37.414 work unable to have a daily routine

NOTE Confidence: 0.808747650000001

00:04:37.414 --> 00:04:39.370 which we also know affect sleep.

NOTE Confidence: 0.808747650000001

00:04:39.370 --> 00:04:42.028 So it's a little bit of.

NOTE Confidence: 0.808747650000001

00:04:42.030 --> 00:04:45.150 Feeding into this issue.

NOTE Confidence: 0.808747650000001

00:04:45.150 --> 00:04:47.299 And then we look at consequences of

NOTE Confidence: 0.808747650000001

00:04:47.299 --> 00:04:49.608 poor sleep in patients with autism.

NOTE Confidence: 0.808747650000001

00:04:49.610 --> 00:04:51.320 We had increased sleep disruption,

NOTE Confidence: 0.808747650000001

00:04:51.320 --> 00:04:53.378 just positive, correlated with ASD symptoms.

NOTE Confidence: 0.808747650000001

00:04:53.380 --> 00:04:55.348 So it's almost like you have

NOTE Confidence: 0.808747650000001

00:04:55.348 --> 00:04:57.080 this self reinforcing loop where

NOTE Confidence: 0.808747650000001

00:04:57.080 --> 00:04:58.870 you have more autism symptoms,

NOTE Confidence: 0.808747650000001

00:04:58.870 --> 00:05:01.012 which leads to more sleep disruption which

NOTE Confidence: 0.808747650000001

00:05:01.012 --> 00:05:03.272 lead to more autism disruption, etc.

NOTE Confidence: 0.808747650000001

00:05:03.272 --> 00:05:04.118 Out some symptoms.

NOTE Confidence: 0.808747650000001

00:05:04.118 --> 00:05:06.249 You kind of keep getting into this

NOTE Confidence: 0.808747650000001

00:05:06.249 --> 00:05:08.139 unfortunate loop and that's associated

NOTE Confidence: 0.808747650000001

00:05:08.139 --> 00:05:10.077 with increased frequency of self

NOTE Confidence: 0.808747650000001

00:05:10.077 --> 00:05:11.897 harm or other challenging behaviors.

NOTE Confidence: 0.808747650000001

00:05:11.900 --> 00:05:13.064 Increased difficulty attending

NOTE Confidence: 0.808747650000001

00:05:13.064 --> 00:05:14.616 school or securing employment.

NOTE Confidence: 0.808747650000001

00:05:14.620 --> 00:05:16.125 And just increased stress on the family.

NOTE Confidence: 0.808747650000001

00:05:16.130 --> 00:05:16.950 For those of you,

NOTE Confidence: 0.808747650000001

00:05:16.950 --> 00:05:18.180 take care of patients with with

NOTE Confidence: 0.808747650000001

00:05:18.228 --> 00:05:19.566 autism or offices in the family,

NOTE Confidence: 0.808747650000001

00:05:19.570 --> 00:05:21.040 you know it can really affect the

NOTE Confidence: 0.808747650000001

00:05:21.040 --> 00:05:22.580 whole family in the quality of life.

NOTE Confidence: 0.8458342

00:05:24.950 --> 00:05:26.942 So a lot of questions that

NOTE Confidence: 0.8458342

00:05:26.942 --> 00:05:28.536 people are wondering. So wait.

NOTE Confidence: 0.8458342

00:05:28.536 --> 00:05:30.324 So does autism cause sleep disruption

NOTE Confidence: 0.8458342

00:05:30.324 --> 00:05:32.587 or do sleep problems cause autism.

NOTE Confidence: 0.8458342

00:05:32.590 --> 00:05:34.576 And so I think this question.

NOTE Confidence: 0.8458342

00:05:34.580 --> 00:05:37.084 These are just some of the more recent

NOTE Confidence: 0.8458342

00:05:37.084 --> 00:05:38.559 explorations into this question.

NOTE Confidence: 0.8458342

00:05:38.560 --> 00:05:40.220 There's of course several others,

NOTE Confidence: 0.8458342

00:05:40.220 --> 00:05:41.996 but studying 2017 found that maybe

NOTE Confidence: 0.8458342

00:05:41.996 --> 00:05:44.209 they saw a few patients asleep.

NOTE Confidence: 0.8458342

00:05:44.210 --> 00:05:45.865 Problems may have a pathogenic

NOTE Confidence: 0.8458342

00:05:45.865 --> 00:05:47.189 role leading to autism.

NOTE Confidence: 0.8458342

00:05:47.190 --> 00:05:48.518 Another study showed that.

NOTE Confidence: 0.8458342

00:05:48.518 --> 00:05:50.740 Well, maybe there was a perspective

NOTE Confidence: 0.8458342

00:05:50.740 --> 00:05:52.252 Association between having infant

NOTE Confidence: 0.8458342

00:05:52.252 --> 00:05:54.279 sleep problems at 12 months of age.

NOTE Confidence: 0.8458342

00:05:54.280 --> 00:05:57.619 And ASD symptoms later on 24 months of age,

NOTE Confidence: 0.8458342

00:05:57.620 --> 00:05:59.858 and it gives more predict if

NOTE Confidence: 0.8458342

00:05:59.858 --> 00:06:01.777 another study was prospective cohort

NOTE Confidence: 0.8458342

00:06:01.777 --> 00:06:03.925 study did not find sleep issues,

NOTE Confidence: 0.8458342

00:06:03.930 --> 00:06:05.414 were antecedent ASD necessarily,

NOTE Confidence: 0.8458342

00:06:05.414 --> 00:06:07.269 but kind of Co curd?

NOTE Confidence: 0.8458342

00:06:07.270 --> 00:06:08.010 So really,

NOTE Confidence: 0.8458342

00:06:08.010 --> 00:06:09.860 essentially the question remains more,

NOTE Confidence: 0.8458342

00:06:09.860 --> 00:06:12.959 studies are needed.

NOTE Confidence: 0.8458342

00:06:12.960 --> 00:06:14.946 So when thinking of contributing factors,

NOTE Confidence: 0.8458342

00:06:14.950 --> 00:06:16.936 so we'll just highlight a few,

NOTE Confidence: 0.8458342

00:06:16.940 --> 00:06:19.264 but learned behaviors that can delay sleep.

NOTE Confidence: 0.8458342

00:06:19.270 --> 00:06:20.426 Delayed melatonin peak will

NOTE Confidence: 0.8458342

00:06:20.426 --> 00:06:22.641 talk about that a little bit on

NOTE Confidence: 0.8458342

00:06:22.641 --> 00:06:23.919 circadian rhythm dysfunctions,

NOTE Confidence: 0.8458342

00:06:23.920 --> 00:06:27.220 regularity related to that, melatonin.

NOTE Confidence: 0.8458342

00:06:27.220 --> 00:06:27.577 Normality.

NOTE Confidence: 0.8458342

00:06:27.577 --> 00:06:30.076 You can also have restless leg symptoms

NOTE Confidence: 0.8458342

00:06:30.076 --> 00:06:31.869 and patients who are nonverbal,

NOTE Confidence: 0.8458342

00:06:31.870 --> 00:06:32.866 specially pediatric patients.

NOTE Confidence: 0.8458342

00:06:32.866 --> 00:06:34.858 They just have a hard time

NOTE Confidence: 0.8458342

00:06:34.858 --> 00:06:36.528 describing what they're experiencing.

NOTE Confidence: 0.8458342

00:06:36.530 --> 00:06:37.604 Mental health, comorbidities,

NOTE Confidence: 0.8458342

00:06:37.604 --> 00:06:38.320 GI complaints,

NOTE Confidence: 0.8458342

00:06:38.320 --> 00:06:40.105 neurologic conditions such as you

NOTE Confidence: 0.8458342

00:06:40.105 --> 00:06:42.710 and epilepsy, and, of course,

NOTE Confidence: 0.8458342

00:06:42.710 --> 00:06:45.230 medication side side effects.

NOTE Confidence: 0.8458342

00:06:45.230 --> 00:06:47.630 So learn behaviors just to highlight

NOTE Confidence: 0.8458342

00:06:47.630 --> 00:06:49.621 could be for separations, compulsions,

NOTE Confidence: 0.8458342

00:06:49.621 --> 00:06:51.185 ritualistic behaviors that really

NOTE Confidence: 0.8458342

00:06:51.185 --> 00:06:53.630 prevent this easy transition into arrested,

NOTE Confidence: 0.8458342

00:06:53.630 --> 00:06:54.430 relaxed state.

NOTE Confidence: 0.8458342

00:06:54.430 --> 00:06:56.430 Then when checked melatonin in

NOTE Confidence: 0.8458342

00:06:56.430 --> 00:06:57.230 these patients.

NOTE Confidence: 0.8458342

00:06:57.230 --> 00:07:00.030 So I think as we all know,

NOTE Confidence: 0.8458342

00:07:00.030 --> 00:07:01.638 melatonin naturally synthesized hormones

NOTE Confidence: 0.8458342

00:07:01.638 --> 00:07:04.430 are created mainly from the pineal gland.

NOTE Confidence: 0.8458342

00:07:04.430 --> 00:07:05.842 It helps regulate regularly

NOTE Confidence: 0.8458342

00:07:05.842 --> 00:07:07.960 participates in the regulation of our

NOTE Confidence: 0.8458342

00:07:08.018 --> 00:07:10.030 behavioral and physiologic processes,

NOTE Confidence: 0.8458342

00:07:10.030 --> 00:07:13.630 including our sleeping wakefulness cycle.

NOTE Confidence: 0.8458342

00:07:13.630 --> 00:07:15.850 You know an adaption adaptation to

NOTE Confidence: 0.8458342

00:07:15.850 --> 00:07:18.234 seasonal changes are daylight savings, etc.

NOTE Confidence: 0.8458342

00:07:18.234 --> 00:07:19.770 As we we know,

NOTE Confidence: 0.8458342

00:07:19.770 --> 00:07:21.310 light sensor inhibits melatonin

NOTE Confidence: 0.8458342

00:07:21.310 --> 00:07:22.080 production secretion,

NOTE Confidence: 0.8458342

00:07:22.080 --> 00:07:23.325 darkness, pensis stimulated,

NOTE Confidence: 0.8458342

00:07:23.325 --> 00:07:26.230 and so the thought is that in

NOTE Confidence: 0.8458342

00:07:26.302 --> 00:07:28.605 patients with a C or the findings

NOTE Confidence: 0.8458342

00:07:28.605 --> 00:07:31.630 I should say is that there are low

NOTE Confidence: 0.8458342

00:07:31.630 --> 00:07:33.595 melatonin levels that were noted.

NOTE Confidence: 0.8458342

00:07:33.600 --> 00:07:35.520 Melatonin level was inversely associated

NOTE Confidence: 0.8458342

00:07:35.520 --> 00:07:37.440 with severity of ASD symptoms,

NOTE Confidence: 0.8458342

00:07:37.440 --> 00:07:39.215 so there's growing evidence that

NOTE Confidence: 0.8458342

00:07:39.215 --> 00:07:41.966 low melatonin may be due to outer

NOTE Confidence: 0.8458342

00:07:41.966 --> 00:07:44.236 mountains and melatonin synthesis pathway.

NOTE Confidence: 0.8458342

00:07:44.240 --> 00:07:45.472 An abnormal melatonin metabolism.

NOTE Confidence: 0.8458342

00:07:45.472 --> 00:07:47.596 I started to really read a lot

NOTE Confidence: 0.8458342

00:07:47.596 --> 00:07:49.108 about this and I found I felt

NOTE Confidence: 0.8458342

00:07:49.108 --> 00:07:50.520 that was talking of itself.

NOTE Confidence: 0.8458342

00:07:50.520 --> 00:07:51.312 Really interesting stuff,

NOTE Confidence: 0.8458342

00:07:51.312 --> 00:07:53.799 but I don't go into too much detail here,

NOTE Confidence: 0.8458342

00:07:53.800 --> 00:07:55.372 but if anyone happens to be

NOTE Confidence: 0.8458342

00:07:55.372 --> 00:07:57.070 doing research and so loved here,

NOTE Confidence: 0.8458342

00:07:57.070 --> 00:07:58.974 you know if you found anything new.

NOTE Confidence: 0.8458342

00:07:58.980 --> 00:08:00.807 But that's kind of at least where

NOTE Confidence: 0.8458342

00:08:00.807 --> 00:08:02.259 the literature is pointing to,

NOTE Confidence: 0.8458342

00:08:02.260 --> 00:08:03.898 and low melatonin may be associated

NOTE Confidence: 0.8458342

00:08:03.898 --> 00:08:04.992 actually with anxiety, pain,

NOTE Confidence: 0.8458342

00:08:04.992 --> 00:08:05.808 sensory processing issues,

NOTE Confidence: 0.8458342

00:08:05.808 --> 00:08:06.080 even,

NOTE Confidence: 0.8458342

00:08:06.080 --> 00:08:07.984 maybe even relate to the GI dysfunction.

NOTE Confidence: 0.8458342

00:08:07.990 --> 00:08:09.628 Allow these patients have in addition

NOTE Confidence: 0.8458342

00:08:09.628 --> 00:08:10.174 to insomnia,

NOTE Confidence: 0.8458342

00:08:10.180 --> 00:08:13.556 so it's not to actually have a more

NOTE Confidence: 0.8458342

00:08:13.556 --> 00:08:14.400 global effect.

NOTE Confidence: 0.8458342

00:08:14.400 --> 00:08:16.464 And talking about these ungi factors

NOTE Confidence: 0.8458342

00:08:16.464 --> 00:08:18.247 so children with autism have

NOTE Confidence: 0.8458342

00:08:18.247 --> 00:08:19.967 higher instance of Asafa Gitis,

NOTE Confidence: 0.8458342

00:08:19.970 --> 00:08:21.358 inflammatory bowel disease related

NOTE Confidence: 0.8458342

00:08:21.358 --> 00:08:22.399 to inflate inflammation.

NOTE Confidence: 0.8458342

00:08:22.400 --> 00:08:23.444 Dysregulating dysregulated gut

NOTE Confidence: 0.8458342

00:08:23.444 --> 00:08:24.488 motility and Constipation.

NOTE Confidence: 0.8458342

00:08:24.490 --> 00:08:26.926 And then we just know that also,

NOTE Confidence: 0.81385285

00:08:26.930 --> 00:08:28.934 patients who are nonverbal have a

NOTE Confidence: 0.81385285

00:08:28.934 --> 00:08:31.449 higher rate of GI symptoms as well,

NOTE Confidence: 0.81385285

00:08:31.450 --> 00:08:33.732 and then GI symptoms relieved to more

NOTE Confidence: 0.81385285

00:08:33.732 --> 00:08:35.280 compulsive and repetitive behaviors,

NOTE Confidence: 0.81385285

00:08:35.280 --> 00:08:38.056 which, as we talked about can affect sleep.

NOTE Confidence: 0.81385285

00:08:38.060 --> 00:08:40.844 So all of these things are really related,

NOTE Confidence: 0.81385285

00:08:40.850 --> 00:08:44.918 and kids and adults with autism.

NOTE Confidence: 0.81385285

00:08:44.920 --> 00:08:47.846 And then talking a bit more about

NOTE Confidence: 0.81385285

00:08:47.846 --> 00:08:49.100 comorbid psychiatric conditions.

NOTE Confidence: 0.81385285

00:08:49.100 --> 00:08:51.602 So I found this is staggering

NOTE Confidence: 0.81385285

00:08:51.602 --> 00:08:53.704 statistics at 6979% of individuals

NOTE Confidence: 0.81385285

00:08:53.704 --> 00:08:56.236 are estimated to have a comorbid

NOTE Confidence: 0.81385285

00:08:56.236 --> 00:08:57.955 psychiatric condition in addition

NOTE Confidence: 0.81385285

00:08:57.955 --> 00:08:59.965 to their autism spectrum disorder.

NOTE Confidence: 0.81385285

00:08:59.970 --> 00:09:01.638 So, anxiety, depression, ADHD,

NOTE Confidence: 0.81385285

00:09:01.638 --> 00:09:03.723 all associated with increased arousals,

NOTE Confidence: 0.81385285

00:09:03.730 --> 00:09:05.402 delayed sleep onset latency.

NOTE Confidence: 0.81385285

00:09:05.402 --> 00:09:06.656 Zan general insomnia.

NOTE Confidence: 0.8331871

00:09:09.160 --> 00:09:11.520 There aren't a lot of studies in adults,

NOTE Confidence: 0.8331871

00:09:11.520 --> 00:09:13.290 but there's one that was just

NOTE Confidence: 0.8331871

00:09:13.290 --> 00:09:14.470 published September this year.

NOTE Confidence: 0.8331871

00:09:14.470 --> 00:09:16.342 This month I should say about

NOTE Confidence: 0.8331871

00:09:16.342 --> 00:09:17.590 looking at the relationship

NOTE Confidence: 0.8331871

00:09:17.653 --> 00:09:19.189 in adults with ASD and ADHD,

NOTE Confidence: 0.8331871

00:09:19.190 --> 00:09:20.960 so there's a lot in children,

NOTE Confidence: 0.8331871

00:09:20.960 --> 00:09:22.885 but I just wanted to highlight this

NOTE Confidence: 0.8331871

00:09:22.885 --> 00:09:24.800 one that was not noting adults,

NOTE Confidence: 0.8331871

00:09:24.800 --> 00:09:26.570 and I found what we are,

NOTE Confidence: 0.8331871

00:09:26.570 --> 00:09:28.628 not what we all kind of know,

NOTE Confidence: 0.8331871

00:09:28.630 --> 00:09:30.990 which is that we have increased sleep onset,

NOTE Confidence: 0.8331871

00:09:30.990 --> 00:09:32.170 latency, decreased sleep efficiency,

NOTE Confidence: 0.8331871

00:09:32.170 --> 00:09:33.645 increase weight after sleep onset,

NOTE Confidence: 0.8331871

00:09:33.650 --> 00:09:35.708 and there's a lower perceived sleep quality.

NOTE Confidence: 0.8331871

00:09:35.710 --> 00:09:37.894 So this finds that we see in

NOTE Confidence: 0.8331871

00:09:37.894 --> 00:09:39.500 childhood persistent to adulthood.

NOTE Confidence: 0.8331871

00:09:39.500 --> 00:09:41.170 You have the comorbid ADHD.

NOTE Confidence: 0.79331577

00:09:43.480 --> 00:09:44.920 AC and intellectual disability.

NOTE Confidence: 0.79331577

00:09:44.920 --> 00:09:47.060 Like I said, we estimate the 50%

NOTE Confidence: 0.79331577

00:09:47.060 --> 00:09:48.650 of from the studies children have

NOTE Confidence: 0.79331577

00:09:48.709 --> 00:09:50.170 intellectual significant intellectual

NOTE Confidence: 0.79331577

00:09:50.170 --> 00:09:52.118 disability with autism adults.

NOTE Confidence: 0.79331577

00:09:52.120 --> 00:09:54.577 I think that's a less studied and

NOTE Confidence: 0.79331577

00:09:54.577 --> 00:09:57.157 especially in terms of their sleep issues.

NOTE Confidence: 0.79331577

00:09:57.160 --> 00:10:00.104 That's also an area that we really need.

NOTE Confidence: 0.79331577

00:10:00.110 --> 00:10:02.630 Have to look into.

NOTE Confidence: 0.79331577

00:10:02.630 --> 00:10:04.610 I just want to highlight that a lot of

NOTE Confidence: 0.79331577

00:10:04.610 --> 00:10:06.382 patients with these comorbid conditions

NOTE Confidence: 0.79331577

00:10:06.382 --> 00:10:08.257 are often prescribed an antidepressant

NOTE Confidence: 0.79331577

00:10:08.257 --> 00:10:09.786 medication or something to help

NOTE Confidence: 0.79331577

00:10:09.786 --> 00:10:11.442 manage their behaviors and their mood,

NOTE Confidence: 0.79331577

00:10:11.450 --> 00:10:13.208 and so it's just, you know,

NOTE Confidence: 0.79331577

00:10:13.210 --> 00:10:15.570 one of the things I actually just saw,

NOTE Confidence: 0.79331577

00:10:15.570 --> 00:10:17.040 I mean, clinic this morning,

NOTE Confidence: 0.79331577

00:10:17.040 --> 00:10:17.676 this afternoon,

NOTE Confidence: 0.79331577

00:10:17.676 --> 00:10:19.902 and I actually just had a patient

NOTE Confidence: 0.79331577

00:10:19.902 --> 00:10:22.030 who has a 6 year old with autism,

NOTE Confidence: 0.79331577

00:10:22.030 --> 00:10:24.350 and I always just look at the medication

NOTE Confidence: 0.79331577

00:10:24.350 --> 00:10:26.697 just to get a sense of you know

NOTE Confidence: 0.79331577

00:10:26.697 --> 00:10:28.499 what could be affecting her sleep,

NOTE Confidence: 0.79331577

00:10:28.500 --> 00:10:30.270 what could be contributing to it.

NOTE Confidence: 0.79331577

00:10:30.270 --> 00:10:32.568 So looking at things that affect.

NOTE Confidence: 0.79331577

00:10:32.570 --> 00:10:34.200 Quantity, quality and sleep architecture.

NOTE Confidence: 0.79331577

00:10:34.200 --> 00:10:36.819 So this is a I just love this really

NOTE Confidence: 0.79331577

00:10:36.819 --> 00:10:39.738 neat review paper that kind of goes over.

NOTE Confidence: 0.79331577

00:10:39.740 --> 00:10:41.370 We all love tables right?

NOTE Confidence: 0.79331577

00:10:41.370 --> 00:10:43.450 It just gives you kind of an idea

NOTE Confidence: 0.79331577

00:10:43.450 --> 00:10:45.604 of which sedative Tri cyclics what

NOTE Confidence: 0.79331577

00:10:45.604 --> 00:10:47.564 they do for sleep architecture.

NOTE Confidence: 0.79331577

00:10:47.570 --> 00:10:49.834 Sri's you know a lot of us are

NOTE Confidence: 0.79331577

00:10:49.834 --> 00:10:51.578 familiar with and use frequently

NOTE Confidence: 0.79331577

00:10:51.578 --> 00:10:53.428 and how that affects sleep,

NOTE Confidence: 0.79331577

00:10:53.430 --> 00:10:55.060 namely suppressing REM sleep etc.

NOTE Confidence: 0.79331577

00:10:55.060 --> 00:10:57.364 So I just always like to be aware

NOTE Confidence: 0.79331577

00:10:57.364 --> 00:10:58.974 of which antidepressants might

NOTE Confidence: 0.79331577

00:10:58.974 --> 00:11:01.374 be affecting sleep as well.

NOTE Confidence: 0.79331577

00:11:01.380 --> 00:11:03.060 So where do you start?

NOTE Confidence: 0.79331577

00:11:03.060 --> 00:11:05.380 You have patient come in like I had

NOTE Confidence: 0.79331577

00:11:05.380 --> 00:11:07.526 this morning and really just obviously

NOTE Confidence: 0.79331577

00:11:07.526 --> 00:11:09.776 getting a really good sleep history,

NOTE Confidence: 0.79331577

00:11:09.780 --> 00:11:12.468 which I know many of us already do.

NOTE Confidence: 0.79331577

00:11:12.470 --> 00:11:13.858 And then considering common

NOTE Confidence: 0.79331577

00:11:13.858 --> 00:11:15.593 diagnosis such as still sleep

NOTE Confidence: 0.79331577

00:11:15.593 --> 00:11:17.167 disordered breathing are less PMD.

NOTE Confidence: 0.8215363

00:11:19.370 --> 00:11:21.090 And you know, just to make sure that

NOTE Confidence: 0.8215363

00:11:21.090 --> 00:11:22.916 I'm also just doing the standard

NOTE Confidence: 0.8215363

00:11:22.916 --> 00:11:24.382 sleep evaluations, a sleep diary

NOTE Confidence: 0.8215363

00:11:24.382 --> 00:11:25.966 or sleep Journal is really helpful.

NOTE Confidence: 0.8215363

00:11:25.970 --> 00:11:27.797 I find a lot of parents really

NOTE Confidence: 0.8215363

00:11:27.797 --> 00:11:29.682 just struggle to be able to fully

NOTE Confidence: 0.8215363

00:11:29.682 --> 00:11:31.248 say what their kids are doing.

NOTE Confidence: 0.8215363

00:11:31.250 --> 00:11:32.828 I think they have an idea,

NOTE Confidence: 0.8215363

00:11:32.830 --> 00:11:34.925 but I you know, I just say, hey,

NOTE Confidence: 0.8215363

00:11:34.925 --> 00:11:37.130 just take a piece of paper and start to

NOTE Confidence: 0.8215363

00:11:37.195 --> 00:11:39.427 write down what time your child is dead,

23

NOTE Confidence: 0.8215363

00:11:39.430 --> 00:11:40.750 what time they woke up,

NOTE Confidence: 0.8215363

00:11:40.750 --> 00:11:42.598 and you know how the day went.

NOTE Confidence: 0.8215363

00:11:42.600 --> 00:11:43.362 Afterwards, consider actigraphy.

NOTE Confidence: 0.8215363

00:11:43.362 --> 00:11:44.886 There's a lot of studies now

NOTE Confidence: 0.8215363

00:11:44.886 --> 00:11:46.028 bout looking at Actigraphy,

NOTE Confidence: 0.8215363

00:11:46.030 --> 00:11:48.094 and children without similar really great

NOTE Confidence: 0.8215363

00:11:48.094 --> 00:11:49.909 papers talking about different ways to.

NOTE Confidence: 0.8215363

00:11:49.910 --> 00:11:51.856 So in pockets into pajamas to actually

NOTE Confidence: 0.8215363

00:11:51.856 --> 00:11:53.733 help them if they don't tolerate

NOTE Confidence: 0.8215363

00:11:53.733 --> 00:11:55.695 having that activity on their wrists

NOTE Confidence: 0.8215363

00:11:55.695 --> 00:11:57.765 and just to get a sense of what

NOTE Confidence: 0.8215363

00:11:57.765 --> 00:11:59.345 their sleep wake cycles really are.

NOTE Confidence: 0.8215363

00:11:59.345 --> 00:12:00.485 And consider Poly sonography,

NOTE Confidence: 0.8215363

00:12:00.490 --> 00:12:02.152 I think as a pediatrician is

NOTE Confidence: 0.8215363

00:12:02.152 --> 00:12:03.640 a PS person you know,

NOTE Confidence: 0.8215363

00:12:03.640 --> 00:12:05.070 I think it's really important.

NOTE Confidence: 0.8215363

00:12:05.070 --> 00:12:06.500 Acclamation will be really important.

NOTE Confidence: 0.8215363

00:12:06.500 --> 00:12:07.930 Set your families up well.

NOTE Confidence: 0.8215363

00:12:07.930 --> 00:12:10.297 So what we have a little video that we

NOTE Confidence: 0.8215363

00:12:10.297 --> 00:12:13.076 show parents so they can know what to expect.

NOTE Confidence: 0.8215363

00:12:13.080 --> 00:12:13.379 Also,

NOTE Confidence: 0.8215363

00:12:13.379 --> 00:12:15.173 pulmonologist so you know sometimes will

NOTE Confidence: 0.8215363

00:12:15.173 --> 00:12:17.170 have like a little nasal cannulas that

NOTE Confidence: 0.8215363

00:12:17.170 --> 00:12:19.369 the kids can just put in their nose,

NOTE Confidence: 0.8215363

00:12:19.370 --> 00:12:21.365 then get used to that sensory issue.

NOTE Confidence: 0.8215363

00:12:21.370 --> 00:12:23.540 So I think you're going to sleep.

NOTE Confidence: 0.8215363

00:12:23.540 --> 00:12:24.910 In a child with autism,

NOTE Confidence: 0.8215363

00:12:24.910 --> 00:12:26.548 I think just being my Angel,

NOTE Confidence: 0.8215363

00:12:26.550 --> 00:12:28.468 they likely probably need acclimate to it.

NOTE Confidence: 0.8215363

00:12:28.470 --> 00:12:30.120 You have to simply sensitisation before,

NOTE Confidence: 0.8215363

00:12:30.120 --> 00:12:32.829 but it's possible.

NOTE Confidence: 0.8215363

00:12:32.830 --> 00:12:34.918 There's also questionnaires and then sure,

NOTE Confidence: 0.8215363

00:12:34.920 --> 00:12:37.008 many of you are aware of.

NOTE Confidence: 0.8215363

00:12:37.010 --> 00:12:38.586 There's the children sleep

NOTE Confidence: 0.8215363

00:12:38.586 --> 00:12:40.162 habits questionnaire developed in

NOTE Confidence: 0.8215363

00:12:40.162 --> 00:12:42.227 2000 by judo wins in a group.

NOTE Confidence: 0.8215363

00:12:42.230 --> 00:12:44.444 This is a parent reported screening

NOTE Confidence: 0.8215363

00:12:44.444 --> 00:12:46.400 designed for ages 4 to 10.

NOTE Confidence: 0.8215363

00:12:46.400 --> 00:12:47.441 There's 35 questions.

NOTE Confidence: 0.8215363

00:12:47.441 --> 00:12:49.523 8 domains looking at bedtime resistance,

NOTE Confidence: 0.8215363

00:12:49.530 --> 00:12:51.270 sleep onset, delay, sleep duration,

NOTE Confidence: 0.8215363

00:12:51.270 --> 00:12:52.314 anxiety night awakenings,

NOTE Confidence: 0.8215363

00:12:52.314 --> 00:12:53.358 daytime sleepiness, parasomnias,

NOTE Confidence: 0.8215363

00:12:53.358 --> 00:12:54.750 and sleep disordered breathing.

NOTE Confidence: 0.8215363

00:12:54.750 --> 00:12:55.749 It's a nice,

NOTE Confidence: 0.8215363

00:12:55.749 --> 00:12:57.747 comprehensive screening that you can help

NOTE Confidence: 0.8215363

00:12:57.747 --> 00:13:00.316 get out what parents really worried about.

NOTE Confidence: 0.8215363

00:13:00.320 --> 00:13:02.055 There's a modified version looking

NOTE Confidence: 0.8215363

00:13:02.055 --> 00:13:03.443 specifically at behavioral problems,

NOTE Confidence: 0.8215363

00:13:03.450 --> 00:13:04.510 and it just really.

NOTE Confidence: 0.8215363

00:13:04.510 --> 00:13:06.100 Takes out the questions about Parasomnias

NOTE Confidence: 0.8215363

00:13:06.143 --> 00:13:07.487 and sleep disordered breathing,

NOTE Confidence: 0.8215363

00:13:07.490 --> 00:13:09.247 so it shortens it a little bit.

NOTE Confidence: 0.8215363

00:13:09.250 --> 00:13:11.258 I think down about 20 three questions again,

NOTE Confidence: 0.8215363

00:13:11.260 --> 00:13:13.010 if it just kind of helps parents,

NOTE Confidence: 0.8215363

00:13:13.010 --> 00:13:15.522 I think know where to start when they're

NOTE Confidence: 0.8215363

00:13:15.522 --> 00:13:17.588 thinking about what their concerns are.

NOTE Confidence: 0.8215363

00:13:17.590 --> 00:13:19.366 There's also a sleep habits questionnaire

NOTE Confidence: 0.8215363

00:13:19.366 --> 00:13:21.168 for children with autism spectrum disorder

NOTE Confidence: 0.8215363

00:13:21.168 --> 00:13:23.156 developed by Doctor Mallo in her group.

NOTE Confidence: 0.8215363

00:13:23.160 --> 00:13:24.846 So just kind of going through

NOTE Confidence: 0.8215363

00:13:24.846 --> 00:13:26.380 what's the families sleep habits,

27

NOTE Confidence: 0.8215363

00:13:26.380 --> 00:13:27.214 'cause I mean,

NOTE Confidence: 0.8215363

00:13:27.214 --> 00:13:29.525 as we know what happens during the day

NOTE Confidence: 0.8215363

00:13:29.525 --> 00:13:31.949 often affects how the child sleeps at night,

NOTE Confidence: 0.8215363

00:13:31.950 --> 00:13:34.166 so really kind of getting a sense of

NOTE Confidence: 0.8215363

00:13:34.166 --> 00:13:36.637 you know are the active during the day.

NOTE Confidence: 0.8215363

00:13:36.640 --> 00:13:38.100 Do they have a routine?

NOTE Confidence: 0.8215363

00:13:38.100 --> 00:13:39.858 Those kinds of things I think

NOTE Confidence: 0.8215363

00:13:39.858 --> 00:13:40.737 are really important.

NOTE Confidence: 0.8215363

00:13:40.740 --> 00:13:42.200 I don't necessarily always use

NOTE Confidence: 0.8215363

00:13:42.200 --> 00:13:43.368 these questionnaires very family,

NOTE Confidence: 0.8215363

00:13:43.370 --> 00:13:45.869 but I think the questions that within

NOTE Confidence: 0.8215363

00:13:45.869 --> 00:13:48.410 these or Wednesday I generally often ask.

NOTE Confidence: 0.8215363

00:13:48.410 --> 00:13:50.520 And so I think it's just a helpful way to

NOTE Confidence: 0.89099556

00:13:50.580 --> 00:13:50.890 start.

NOTE Confidence: 0.79841524

00:13:53.620 --> 00:13:54.964 In terms of guidelines,

NOTE Confidence: 0.79841524

00:13:54.964 --> 00:13:56.644 there actually is really nice.

NOTE Confidence: 0.79841524

00:13:56.650 --> 00:13:58.445 American Academy of neurology recently

NOTE Confidence: 0.79841524

00:13:58.445 --> 00:14:00.240 released practice guidelines for treatment

NOTE Confidence: 0.79841524

00:14:00.286 --> 00:14:01.836 for insomnia and disrupted sleep

NOTE Confidence: 0.79841524

00:14:01.836 --> 00:14:03.386 behavior in children and adolescents,

NOTE Confidence: 0.79841524

00:14:03.390 --> 00:14:04.401 specifically with autism.

NOTE Confidence: 0.79841524

00:14:04.401 --> 00:14:06.086 So I thought this was.

NOTE Confidence: 0.79841524

00:14:06.090 --> 00:14:08.786 This was great that something just came out.

NOTE Confidence: 0.79841524

00:14:08.790 --> 00:14:10.300 In summary, we're first recommendation

NOTE Confidence: 0.79841524

00:14:10.300 --> 00:14:12.244 is screened for an address comorbid

NOTE Confidence: 0.79841524

00:14:12.244 --> 00:14:14.179 conditions in any contribute medications.

NOTE Confidence: 0.79841524

00:14:14.180 --> 00:14:16.308 So, just like we've already talked about

NOTE Confidence: 0.79841524

00:14:16.308 --> 00:14:18.220 looking for comorbid anxiety depression,

NOTE Confidence: 0.79841524

00:14:18.220 --> 00:14:19.568 are they taking medications

NOTE Confidence: 0.79841524

00:14:19.568 --> 00:14:20.579 that are contributing,

NOTE Confidence: 0.79841524

00:14:20.580 --> 00:14:23.002 making them drowsy during the day, etc.

NOTE Confidence: 0.79841524

00:14:23.002 --> 00:14:24.610 Anything that full assessment

NOTE Confidence: 0.79841524

00:14:24.610 --> 00:14:26.990 is step one and then two.

NOTE Confidence: 0.79841524

00:14:26.990 --> 00:14:29.336 It's behavioral strategies are first line,

NOTE Confidence: 0.79841524

00:14:29.340 --> 00:14:31.686 so this is things like family,

NOTE Confidence: 0.79841524

00:14:31.690 --> 00:14:32.866 cognitive, behavioral therapy,

NOTE Confidence: 0.79841524

00:14:32.866 --> 00:14:33.650 unmodified extinction,

NOTE Confidence: 0.79841524

00:14:33.650 --> 00:14:36.394 or the colloquialism of cried out as

NOTE Confidence: 0.79841524

00:14:36.394 --> 00:14:38.354 some people say, graduated extinction,

NOTE Confidence: 0.79841524

00:14:38.354 --> 00:14:40.314 positive routines or bedtime fading.

NOTE Confidence: 0.79841524

00:14:40.320 --> 00:14:42.707 So just for those who maybe it's

NOTE Confidence: 0.79841524

00:14:42.707 --> 00:14:45.126 been awhile since you've done your

NOTE Confidence: 0.79841524

00:14:45.126 --> 00:14:47.766 Pediatrics rotations or it's been awhile,

NOTE Confidence: 0.79841524

00:14:47.770 --> 00:14:48.943 but I modified.

NOTE Confidence: 0.79841524

00:14:48.943 --> 00:14:51.289 Extinction is just the caregiver imposes,

NOTE Confidence: 0.79841524

00:14:51.290 --> 00:14:53.858 has a bedtime and awake time.

NOTE Confidence: 0.79841524

00:14:53.860 --> 00:14:56.330 And really ignores all protests.

NOTE Confidence: 0.79841524

00:14:56.330 --> 00:14:57.086 And you know,

NOTE Confidence: 0.79841524

00:14:57.086 --> 00:14:58.850 after bedtime and before the wait time,

NOTE Confidence: 0.79841524

00:14:58.850 --> 00:15:00.776 so it's kind of put the child in the

NOTE Confidence: 0.79841524

00:15:00.776 --> 00:15:02.725 room and you just kind of plug your

NOTE Confidence: 0.79841524

00:15:02.725 --> 00:15:04.390 ears and ignore cries afterwards.

NOTE Confidence: 0.79841524

00:15:04.390 --> 00:15:05.426 You know, within reason,

NOTE Confidence: 0.79841524

00:15:05.426 --> 00:15:07.419 keeping an eye out for things of pain,

NOTE Confidence: 0.79841524

00:15:07.420 --> 00:15:07.672 hunger,

NOTE Confidence: 0.79841524

00:15:07.672 --> 00:15:08.932 you know that you're really

NOTE Confidence: 0.79841524

00:15:08.932 --> 00:15:09.940 worried about your child,

NOTE Confidence: 0.79841524

00:15:09.940 --> 00:15:11.641 but you really just kind of ignore

NOTE Confidence: 0.79841524

00:15:11.641 --> 00:15:13.188 all protests and hope the child

NOTE Confidence: 0.79841524

00:15:13.188 --> 00:15:14.468 eventually will go to sleep.

NOTE Confidence: 0.79841524

00:15:14.470 --> 00:15:15.438 It's brutal for parents,

NOTE Confidence: 0.79841524

00:15:15.438 --> 00:15:17.499 but it's actually been shown to be effective,

NOTE Confidence: 0.79841524

00:15:17.500 --> 00:15:19.928 and it works for.

NOTE Confidence: 0.79841524

00:15:19.930 --> 00:15:22.708 Especially neurotypical kids.

NOTE Confidence: 0.79841524

00:15:22.710 --> 00:15:23.730 For graduated extinction,

NOTE Confidence: 0.79841524

00:15:23.730 --> 00:15:25.770 this is where the caregiver ignores

NOTE Confidence: 0.79841524

00:15:25.770 --> 00:15:27.749 bedtime resistance for specified period.

NOTE Confidence: 0.79841524

00:15:27.750 --> 00:15:30.641 So if you could be fixed or

NOTE Confidence: 0.79841524

00:15:30.641 --> 00:15:32.689 progressively longer so they say.

NOTE Confidence: 0.79841524

00:15:32.690 --> 00:15:32.962 McElwain,

NOTE Confidence: 0.79841524

00:15:32.962 --> 00:15:34.594 until he cries for 10 minutes

NOTE Confidence: 0.79841524

00:15:34.594 --> 00:15:36.299 or in the next time I go,

NOTE Confidence: 0.79841524

00:15:36.300 --> 00:15:37.838 it'll be another 15 minutes, etc.

NOTE Confidence: 0.79841524

00:15:37.838 --> 00:15:38.582 So when responding,

NOTE Confidence: 0.79841524

00:15:38.582 --> 00:15:40.070 the caregiver has very minimal interactions

NOTE Confidence: 0.79841524

00:15:40.106 --> 00:15:41.198 to avoid reinforcing behavior,

NOTE Confidence: 0.79841524

00:15:41.200 --> 00:15:43.006 so it doesn't pick the child up.

NOTE Confidence: 0.79841524

00:15:43.010 --> 00:15:44.816 Doesn't climb into bed with the child,

NOTE Confidence: 0.79841524

00:15:44.820 --> 00:15:46.110 but just kind of puts.

NOTE Confidence: 0.79841524

00:15:46.110 --> 00:15:48.286 Maybe a reassuring hand on the back, etc,

NOTE Confidence: 0.79841524

00:15:48.286 --> 00:15:51.670 and tries to help the child fall back asleep.

NOTE Confidence: 0.79841524

00:15:51.670 --> 00:15:53.926 Positive routines is just where the

NOTE Confidence: 0.79841524

00:15:53.926 --> 00:15:55.827 caregiver developed some strictly adheres

NOTE Confidence: 0.79841524

00:15:55.827 --> 00:15:57.837 to regular pre bed calming rituals.

NOTE Confidence: 0.79841524

00:15:57.840 --> 00:15:58.719 So to clarify,

NOTE Confidence: 0.79841524

00:15:58.719 --> 00:16:01.326 this is like this can help counter these

NOTE Confidence: 0.79841524

00:16:01.326 --> 00:16:03.290 learned behaviors of perseveration,

NOTE Confidence: 0.79841524

00:16:03.290 --> 00:16:04.376 compulsions and rituals,

NOTE Confidence: 0.79841524

00:16:04.376 --> 00:16:05.100 ritualistic behavior,

NOTE Confidence: 0.79841524

00:16:05.100 --> 00:16:06.484 so this can help.

NOTE Confidence: 0.79841524

00:16:06.484 --> 00:16:07.868 Basically trying to transition

NOTE Confidence: 0.79841524

00:16:07.868 --> 00:16:09.819 the child into arrested state,

NOTE Confidence: 0.79841524

00:16:09.820 --> 00:16:12.808 so this can I would consider for a couple

NOTE Confidence: 0.79841524

00:16:12.808 --> 00:16:15.627 autism some of visual night routine chart.

NOTE Confidence: 0.79841524

00:16:15.630 --> 00:16:17.808 So here's an example of just

NOTE Confidence: 0.79841524

00:16:17.808 --> 00:16:19.260 things where taking bath,

NOTE Confidence: 0.79841524

00:16:19.260 --> 00:16:20.744 wash hair brush teeth.

NOTE Confidence: 0.79841524

00:16:20.744 --> 00:16:22.228 You have these visual.

NOTE Confidence: 0.79841524

00:16:22.230 --> 00:16:24.327 Q Think Child can look too and say yes.

NOTE Confidence: 0.79841524

00:16:24.330 --> 00:16:25.495 This is what we're supposed

NOTE Confidence: 0.79841524

00:16:25.495 --> 00:16:26.660 to do now and then.

NOTE Confidence: 0.79841524

00:16:26.660 --> 00:16:27.825 You can actually have the

NOTE Confidence: 0.79841524

00:16:27.825 --> 00:16:28.990 child interact with the chart,

NOTE Confidence: 0.79841524

00:16:28.990 --> 00:16:30.614 so either they check it off themselves,

NOTE Confidence: 0.79841524

00:16:30.620 --> 00:16:32.370 they point to what the next step

NOTE Confidence: 0.79841524

00:16:32.370 --> 00:16:33.878 is there involved in it as well.

NOTE Confidence: 0.79841524

00:16:33.880 --> 00:16:35.050 So that's actually found defective,

NOTE Confidence: 0.79841524

00:16:35.050 --> 00:16:36.210 not just for nighttime routine,

NOTE Confidence: 0.8310081

00:16:36.210 --> 00:16:39.390 but in general for kids autism.

NOTE Confidence: 0.8310081

00:16:39.390 --> 00:16:40.855 And then another behavior strategy

NOTE Confidence: 0.8310081

00:16:40.855 --> 00:16:42.027 is called bedtime fading.

NOTE Confidence: 0.8310081

00:16:42.030 --> 00:16:43.734 So especially the 10th keeps Boston

NOTE Confidence: 0.8310081

00:16:43.734 --> 00:16:45.540 tend to have delayed sleep phase,

NOTE Confidence: 0.8310081

00:16:45.540 --> 00:16:48.470 so they tend to go to bed at 10:00 PM.

NOTE Confidence: 0.8310081

00:16:48.470 --> 00:16:51.400 So apparently, but I wanted to go to bed 7,

NOTE Confidence: 0.8310081

00:16:51.400 --> 00:16:52.870 you know or whatever time,

NOTE Confidence: 0.8310081

00:16:52.870 --> 00:16:55.014 so I always tell the caregiver 1st put

NOTE Confidence: 0.8310081

00:16:55.014 --> 00:16:57.311 the patient in bed close to whatever time

NOTE Confidence: 0.8310081

00:16:57.311 --> 00:16:59.309 that they currently are falling asleep,

NOTE Confidence: 0.8310081

00:16:59.310 --> 00:17:01.068 and then gradually adjust that bedtime.

NOTE Confidence: 0.8310081

00:17:01.070 --> 00:17:01.913 Little by little.

NOTE Confidence: 0.8310081

00:17:01.913 --> 00:17:04.238 I consider I recommend doing it almost so

NOTE Confidence: 0.8310081

00:17:04.238 --> 00:17:06.044 it's almost imperceivable to the child.

NOTE Confidence: 0.8310081

00:17:06.050 --> 00:17:08.218 So I say 15 to 30 minutes every

NOTE Confidence: 0.8310081

00:17:08.218 --> 00:17:09.619 two to three days.

NOTE Confidence: 0.8310081

00:17:09.620 --> 00:17:10.418 It's very slow,

NOTE Confidence: 0.8310081

00:17:10.418 --> 00:17:12.280 but I found in my experience at

NOTE Confidence: 0.8310081

00:17:12.343 --> 00:17:14.281 the slow adjustment is much more

NOTE Confidence: 0.8310081

00:17:14.281 --> 00:17:15.966 effective than trying to just

NOTE Confidence: 0.8310081

00:17:15.966 --> 00:17:17.958 shifting faster the younger the kid.

NOTE Confidence: 0.8310081

00:17:17.960 --> 00:17:20.130 I think the slower the adjustment typically,

NOTE Confidence: 0.8310081

00:17:20.130 --> 00:17:22.010 or the more neurologic compromise

NOTE Confidence: 0.8310081

00:17:22.010 --> 00:17:24.670 the kid that's lower the transition.

NOTE Confidence: 0.8310081

00:17:24.670 --> 00:17:26.415 Melatonin so recommended if behavioral

NOTE Confidence: 0.8310081

00:17:26.415 --> 00:17:28.506 strategies have not been helpful and

NOTE Confidence: 0.8310081

00:17:28.506 --> 00:17:30.246 comorbid conditions of the we talked

NOTE Confidence: 0.8310081

00:17:30.246 --> 00:17:31.909 about have already been addressed.

NOTE Confidence: 0.8310081

00:17:31.910 --> 00:17:33.550 So if possible prescribed melatonin,

NOTE Confidence: 0.8310081

00:17:33.550 --> 00:17:35.762 I think many of us are probably

NOTE Confidence: 0.8310081

00:17:35.762 --> 00:17:37.170 familiar with the study.

NOTE Confidence: 0.8310081

00:17:37.170 --> 00:17:39.562 Try to talk about few years ago where

NOTE Confidence: 0.8310081

00:17:39.562 --> 00:17:41.585 they actually were looking at the

NOTE Confidence: 0.8310081

00:17:41.585 --> 00:17:43.625 different doses of melatonin with over

NOTE Confidence: 0.8310081

00:17:43.691 --> 00:17:45.695 the counter of Formulations and found

NOTE Confidence: 0.8310081

00:17:45.695 --> 00:17:47.698 that the doses were highly variable,

NOTE Confidence: 0.8310081

00:17:47.698 --> 00:17:49.343 so if possible they record

NOTE Confidence: 0.8310081

00:17:49.343 --> 00:17:50.330 the American Academy.

NOTE Confidence: 0.8310081

00:17:50.330 --> 00:17:51.404 Neurology recommends prescribing

NOTE Confidence: 0.8310081

00:17:51.404 --> 00:17:53.194 the melatonin get farm school

NOTE Confidence: 0.8310081

00:17:53.194 --> 00:17:54.960 grade and get reliable dosing.

NOTE Confidence: 0.8310081

00:17:54.960 --> 00:17:56.856 This isn't always possible with insurance,

NOTE Confidence: 0.8310081

00:17:56.860 --> 00:17:59.620 but it's something to consider.

NOTE Confidence: 0.8310081

00:17:59.620 --> 00:18:01.420 And they also talked briefly about

NOTE Confidence: 0.8310081

00:18:01.420 --> 00:18:02.320 complementary and alternative

NOTE Confidence: 0.8310081

00:18:02.320 --> 00:18:03.120 medicine approaches.

NOTE Confidence: 0.8310081

00:18:03.120 --> 00:18:03.446 Really,

NOTE Confidence: 0.8310081

00:18:03.446 --> 00:18:05.076 there's were lacking really great

NOTE Confidence: 0.8310081

00:18:05.076 --> 00:18:06.620 high quality studies right now,

NOTE Confidence: 0.8310081

00:18:06.620 --> 00:18:08.528 but that's not to say that

NOTE Confidence: 0.8310081

00:18:08.528 --> 00:18:09.800 these aren't worth trying.

NOTE Confidence: 0.8310081

00:18:09.800 --> 00:18:11.390 So a lot of them,

NOTE Confidence: 0.8310081

00:18:11.390 --> 00:18:12.980 such as a weighted blanket,

NOTE Confidence: 0.8310081

00:18:12.980 --> 00:18:14.244 there's something called Sound

NOTE Confidence: 0.8310081

00:18:14.244 --> 00:18:14.876 asleep mattress.

NOTE Confidence: 0.8310081

00:18:14.880 --> 00:18:16.300 There's white noise machines.

NOTE Confidence: 0.8310081

00:18:16.300 --> 00:18:18.075 All these different things that

NOTE Confidence: 0.8310081

00:18:18.075 --> 00:18:20.126 I'm sure a lot of your families

NOTE Confidence: 0.8310081

00:18:20.126 --> 00:18:22.218 may consider that have low or no

NOTE Confidence: 0.8310081

00:18:22.218 --> 00:18:23.788 adverse events associated with them,

NOTE Confidence: 0.8310081

00:18:23.790 --> 00:18:25.692 but really have failed to show

NOTE Confidence: 0.8310081

00:18:25.692 --> 00:18:26.643 a significant difference,

NOTE Confidence: 0.8310081

00:18:26.650 --> 00:18:27.320 statistically speaking.

NOTE Confidence: 0.8310081

00:18:27.320 --> 00:18:29.330 But I actually still recommend it.

NOTE Confidence: 0.8310081

00:18:29.330 --> 00:18:32.554 For a lot of patients and parents usually

NOTE Confidence: 0.8310081

00:18:32.554 --> 00:18:35.698 find him to be quite pleasing to try.

NOTE Confidence: 0.8310081

00:18:35.700 --> 00:18:37.160 Couple of the words melatonin.

NOTE Confidence: 0.8310081

00:18:37.160 --> 00:18:39.015 This is one of the most commonly

NOTE Confidence: 0.8310081

00:18:39.015 --> 00:18:40.649 used therapies for sleep concerns,

NOTE Confidence: 0.8310081

00:18:40.650 --> 00:18:42.568 as we know for the pediatric studies

NOTE Confidence: 0.8310081

00:18:42.568 --> 00:18:44.140 it's actually safe and effective.

NOTE Confidence: 0.8310081

00:18:44.140 --> 00:18:46.372 There are not the 10 or 20 year

NOTE Confidence: 0.8310081

00:18:46.372 --> 00:18:48.210 studies that we just don't have,

NOTE Confidence: 0.8310081

00:18:48.210 --> 00:18:50.226 but we have a few few studies

NOTE Confidence: 0.8310081

00:18:50.226 --> 00:18:51.410 that are coming out.

NOTE Confidence: 0.8310081

00:18:51.410 --> 00:18:53.405 There is immediate release for sleep onset

NOTE Confidence: 0.8310081

00:18:53.405 --> 00:18:54.909 versus extended release for melatonin.

NOTE Confidence: 0.8310081

00:18:54.910 --> 00:18:55.837 For sleep maintenance.

NOTE Confidence: 0.8310081

00:18:55.837 --> 00:18:57.382 Think it's important to know

NOTE Confidence: 0.8310081

00:18:57.382 --> 00:18:58.853 that the extended release tends

NOTE Confidence: 0.8310081

00:18:58.853 --> 00:19:00.722 to be a pill which is harder.

NOTE Confidence: 0.8310081

00:19:00.730 --> 00:19:02.458 In my population of Pediatrics 'cause

NOTE Confidence: 0.8310081

00:19:02.458 --> 00:19:04.220 not every child can take those,

NOTE Confidence: 0.8310081

00:19:04.220 --> 00:19:05.216 so that is.

NOTE Confidence: 0.8310081

00:19:05.216 --> 00:19:07.540 Site limitation and we look at long

NOTE Confidence: 0.8310081

00:19:07.615 --> 00:19:09.991 term use again on doctor mouse

NOTE Confidence: 0.8310081

00:19:09.991 --> 00:19:12.057 group had published study recently

NOTE Confidence: 0.8310081

00:19:12.057 --> 00:19:14.517 earlier this year that exam and

NOTE Confidence: 0.8310081

00:19:14.517 --> 00:19:17.169 long term effects of nightly along

NOTE Confidence: 0.8310081

00:19:17.169 --> 00:19:20.480 release melatonin at doses 25 and 10

NOTE Confidence: 0.81745124

00:19:20.579 --> 00:19:23.435 for up to two years in patients.

NOTE Confidence: 0.81745124

00:19:23.440 --> 00:19:26.026 I'm sorry for I didn't put the ages on here.

NOTE Confidence: 0.81745124

00:19:26.030 --> 00:19:27.542 I feel like they were relatively

NOTE Confidence: 0.81745124

00:19:27.542 --> 00:19:28.880 young up until teenage years.

NOTE Confidence: 0.81745124

00:19:28.880 --> 00:19:31.202 I'm sorry, I forgot to note the ages here,

NOTE Confidence: 0.81745124

00:19:31.210 --> 00:19:33.023 but they also work followed by two

NOTE Confidence: 0.81745124

00:19:33.023 --> 00:19:34.284 week withdrawal period, placebo period.

NOTE Confidence: 0.81745124

00:19:34.284 --> 00:19:35.978 Just to see if there was any

NOTE Confidence: 0.81745124

00:19:35.978 --> 00:19:38.720 concerns of withdrawal, etc.

NOTE Confidence: 0.81745124

00:19:38.720 --> 00:19:40.048 She know, observe detrimental

NOTE Confidence: 0.81745124

00:19:40.048 --> 00:19:41.708 effects on the patients growth,

NOTE Confidence: 0.81745124

00:19:41.710 --> 00:19:42.312 people development,

NOTE Confidence: 0.81745124

00:19:42.312 --> 00:19:44.118 and no withdrawal or safety issues

NOTE Confidence: 0.81745124

00:19:44.118 --> 00:19:46.020 related to discontinue the medication.

NOTE Confidence: 0.81745124

00:19:46.020 --> 00:19:47.934 The most common side effect that

NOTE Confidence: 0.81745124

00:19:47.934 --> 00:19:49.616 there were complications who did

NOTE Confidence: 0.81745124

00:19:49.616 --> 00:19:51.000 have some daytime drowsiness,

NOTE Confidence: 0.81745124

00:19:51.000 --> 00:19:52.336 especially those higher doses.

NOTE Confidence: 0.81745124

00:19:52.336 --> 00:19:54.722 And there were some reports of some

NOTE Confidence: 0.81745124

00:19:54.722 --> 00:19:56.648 potential nightmares and a few kids,

NOTE Confidence: 0.81745124

00:19:56.650 --> 00:19:58.967 but it seems like overall it was.

NOTE Confidence: 0.81745124

00:19:58.970 --> 00:20:00.275 It was reassuring.

NOTE Confidence: 0.81745124

00:20:00.275 --> 00:20:01.580 Oh, and Hi,

NOTE Confidence: 0.81745124

00:20:01.580 --> 00:20:03.620 said that these patients all

NOTE Confidence: 0.81745124

00:20:03.620 --> 00:20:05.660 had autism in this study.

NOTE Confidence: 0.81745124

00:20:05.660 --> 00:20:07.235 Ramelteon is another one that's

NOTE Confidence: 0.81745124

00:20:07.235 --> 00:20:08.810 being considered in these patients,

NOTE Confidence: 0.81745124

00:20:08.810 --> 00:20:10.700 and this is Milton Receptor agonist.

NOTE Confidence: 0.81745124

00:20:10.700 --> 00:20:12.793 It's FDA approved already for insomnia in

NOTE Confidence: 0.81745124

00:20:12.793 --> 00:20:15.109 adults are really limited studies for autism,

NOTE Confidence: 0.81745124

00:20:15.110 --> 00:20:17.035 and hopefully that's that's the

NOTE Confidence: 0.81745124

00:20:17.035 --> 00:20:19.928 next step we can see if it helps.

NOTE Confidence: 0.81745124

00:20:19.930 --> 00:20:21.450 So what about other medications?

NOTE Confidence: 0.81745124

00:20:21.450 --> 00:20:22.626 So at in Pediatrics,

NOTE Confidence: 0.81745124

00:20:22.626 --> 00:20:24.096 always like to remind patients

NOTE Confidence: 0.81745124

00:20:24.096 --> 00:20:25.379 in my colleagues at,

NOTE Confidence: 0.81745124

00:20:25.380 --> 00:20:26.895 there really are no FDA

NOTE Confidence: 0.81745124

00:20:26.895 --> 00:20:28.410 approved sleep drugs for kids,

NOTE Confidence: 0.81745124

00:20:28.410 --> 00:20:29.930 so a lot of them,

NOTE Confidence: 0.81745124

00:20:29.930 --> 00:20:31.118 a lot of it,

NOTE Confidence: 0.81745124

00:20:31.118 --> 00:20:33.260 is experience really kind of weighing risk,

NOTE Confidence: 0.81745124

00:20:33.260 --> 00:20:35.222 benefits and kind of having discussion

NOTE Confidence: 0.81745124

00:20:35.222 --> 00:20:36.857 with the families and other

NOTE Confidence: 0.81745124

00:20:36.857 --> 00:20:38.719 colleagues is the best way to go.

NOTE Confidence: 0.81745124

00:20:38.720 --> 00:20:39.545 But here is,

NOTE Confidence: 0.81745124

00:20:39.545 --> 00:20:41.470 I thought this was I looked at

NOTE Confidence: 0.81745124

00:20:41.534 --> 00:20:43.259 a lot of different reviews.

NOTE Confidence: 0.81745124

00:20:43.260 --> 00:20:45.572 I thought this was pretty good 'cause it

NOTE Confidence: 0.81745124

00:20:45.572 --> 00:20:47.809 actually also looked at Children and adults,

NOTE Confidence: 0.81745124

00:20:47.810 --> 00:20:49.946 so this was a research 1018 looking at

NOTE Confidence: 0.81745124

00:20:49.946 --> 00:20:51.720 sleep disturbance pharmacological approach.

NOTE Confidence: 0.81745124

00:20:51.720 --> 00:20:54.268 Sleep disturbances in autism

NOTE Confidence: 0.81745124

00:20:54.268 --> 00:20:56.179 with psychiatric comorbidities.

NOTE Confidence: 0.81745124

00:20:56.180 --> 00:20:57.965 So just to go through this table,

NOTE Confidence: 0.81745124

00:20:57.970 --> 00:21:01.060 we've already talked about melatonin here.

NOTE Confidence: 0.81745124

00:21:01.060 --> 00:21:03.076 In affected in children and we

NOTE Confidence: 0.81745124

00:21:03.076 --> 00:21:05.270 know effective in jet lag as well.

NOTE Confidence: 0.81745124

00:21:05.270 --> 00:21:07.854 The dose range they have one to three.

NOTE Confidence: 0.81745124

00:21:07.860 --> 00:21:10.128 Obviously we've seen in the litter that

NOTE Confidence: 0.81745124

00:21:10.128 --> 00:21:12.398 people have got higher with the dose,

NOTE Confidence: 0.81745124

00:21:12.400 --> 00:21:15.070 but I I tend not to go too high because

NOTE Confidence: 0.81745124

00:21:15.138 --> 00:21:17.258 I have that daytime drowsiness.

NOTE Confidence: 0.81745124

00:21:17.260 --> 00:21:19.198 So I try to avoid that.

NOTE Confidence: 0.81745124

00:21:19.200 --> 00:21:20.600 Some antipsychotics that were tested

NOTE Confidence: 0.81745124

00:21:20.600 --> 00:21:22.438 that have been tested in patients

NOTE Confidence: 0.81745124

00:21:22.438 --> 00:21:24.388 autism include olanzapine and risperidone.

NOTE Confidence: 0.81745124

00:21:24.390 --> 00:21:26.005 This is especially effective if

NOTE Confidence: 0.81745124

00:21:26.005 --> 00:21:27.297 there's comorbid maladaptive behavior,

NOTE Confidence: 0.81745124

00:21:27.300 --> 00:21:27.948 self injury,

NOTE Confidence: 0.81745124

00:21:27.948 --> 00:21:29.568 aggression and things like that.

NOTE Confidence: 0.81745124

00:21:29.570 --> 00:21:31.290 So potential side effects include

NOTE Confidence: 0.81745124

00:21:31.290 --> 00:21:31.978 daytime drowsiness.

NOTE Confidence: 0.81745124

00:21:31.980 --> 00:21:33.972 Weight gain type of cluster linea

NOTE Confidence: 0.81745124

00:21:33.972 --> 00:21:35.300 diabetes and prolactin elevation

NOTE Confidence: 0.81745124

00:21:35.359 --> 00:21:36.619 and then antidepressants.

NOTE Confidence: 0.81745124

00:21:36.620 --> 00:21:39.476 The one that they really kind of mentioned.

NOTE Confidence: 0.81745124

00:21:39.480 --> 00:21:40.194 I mean,

NOTE Confidence: 0.81745124

00:21:40.194 --> 00:21:41.979 there's a lot of antidepressants

NOTE Confidence: 0.81745124

00:21:41.979 --> 00:21:43.050 I've been considered,

NOTE Confidence: 0.81745124

00:21:43.050 --> 00:21:45.318 but the one that's been most tested

NOTE Confidence: 0.81745124

00:21:45.318 --> 00:21:47.330 with Trazodone in this population,

NOTE Confidence: 0.81745124

00:21:47.330 --> 00:21:49.829 and this is thought to be useful

NOTE Confidence: 0.81745124

00:21:49.829 --> 00:21:50.900 in comorbid depression.

NOTE Confidence: 0.81745124

00:21:50.900 --> 00:21:53.756 It is among one of the more sedating

NOTE Confidence: 0.81745124

00:21:53.756 --> 00:21:54.470 antidepressant medications.

NOTE Confidence: 0.81745124

00:21:54.470 --> 00:21:56.606 Which is why it's so commonly

NOTE Confidence: 0.81745124

00:21:56.606 --> 00:21:57.674 used for insomnia.

NOTE Confidence: 0.81745124

00:21:57.680 --> 00:22:00.536 But you do have side effects of dizziness,

NOTE Confidence: 0.81745124

00:22:00.540 --> 00:22:01.256 morning drowsiness,

NOTE Confidence: 0.81745124

00:22:01.256 --> 00:22:02.938 or possible prism, and hypotension.

NOTE Confidence: 0.81745124

00:22:02.938 --> 00:22:04.458 So that's something to be

NOTE Confidence: 0.81745124

00:22:04.458 --> 00:22:06.417 aware of and I gotta be honest,

NOTE Confidence: 0.81745124

00:22:06.420 --> 00:22:07.780 I just really haven't really

NOTE Confidence: 0.81745124

00:22:07.780 --> 00:22:09.140 used Trazodone and really young

NOTE Confidence: 0.8436319

00:22:09.193 --> 00:22:11.450 kids, but it's something to consider.

NOTE Confidence: 0.8436319

00:22:11.450 --> 00:22:13.352 Alpha adrenergic agonist and this is

NOTE Confidence: 0.8436319

00:22:13.352 --> 00:22:15.269 actually more commonly used in children,

NOTE Confidence: 0.8436319

00:22:15.270 --> 00:22:16.860 so things like Clonidine, guanfacine.

NOTE Confidence: 0.8436319

00:22:16.860 --> 00:22:18.762 This is typically uses recommended sleep

NOTE Confidence: 0.8436319

00:22:18.762 --> 00:22:20.034 initiation and maintenance. Insomnia.

NOTE Confidence: 0.8436319

00:22:20.034 --> 00:22:23.240 I just want to add I think guanfacine and now

NOTE Confidence: 0.8436319

00:22:23.240 --> 00:22:25.760 there's a neurologist in the in the group,

NOTE Confidence: 0.8436319

00:22:25.760 --> 00:22:27.818 but I think it's often using kids

NOTE Confidence: 0.8436319

00:22:27.818 --> 00:22:29.889 who also have like tic disorder.

NOTE Confidence: 0.8436319

00:22:29.890 --> 00:22:32.123 Another kind of things that keep them

NOTE Confidence: 0.8436319

00:22:32.123 --> 00:22:34.349 from from being able to fall asleep.

NOTE Confidence: 0.8436319

00:22:34.350 --> 00:22:36.750 So that's I've seen this and some of

NOTE Confidence: 0.8436319

00:22:36.750 --> 00:22:38.797 my patients and it's been helpful.

NOTE Confidence: 0.8436319

00:22:38.800 --> 00:22:40.708 The common side effects are hypotension,

NOTE Confidence: 0.8436319

00:22:40.710 --> 00:22:41.440 bradycardia, irritability.

NOTE Confidence: 0.8436319

00:22:41.440 --> 00:22:42.170 REM suppression,

NOTE Confidence: 0.8436319

00:22:42.170 --> 00:22:45.421 dry mouth and then as we know these are

NOTE Confidence: 0.8436319

00:22:45.421 --> 00:22:47.425 medications that you can't abruptly stop.

NOTE Confidence: 0.8436319

00:22:47.430 --> 00:22:50.470 You usually have to wean them off or you get

NOTE Confidence: 0.8436319

00:22:50.540 --> 00:22:53.648 rebound hypertension or rebound increase ram.

NOTE Confidence: 0.8436319

00:22:53.650 --> 00:22:54.330 Anti histamines,

NOTE Confidence: 0.8436319

00:22:54.330 --> 00:22:56.030 very commonly over the counter.

NOTE Confidence: 0.8436319

00:22:56.030 --> 00:22:57.050 Your diphenhydramine useful

NOTE Confidence: 0.8436319

00:22:57.050 --> 00:22:58.070 and transient insomnia.

NOTE Confidence: 0.8436319

00:22:58.070 --> 00:22:58.702 In Pediatrics,

NOTE Confidence: 0.8436319

00:22:58.702 --> 00:23:00.914 we always have to be really worried

NOTE Confidence: 0.8436319

00:23:00.914 --> 00:23:03.169 for side effects not mentioned here,

NOTE Confidence: 0.8436319

00:23:03.170 --> 00:23:05.210 but we get some patients get

NOTE Confidence: 0.8436319

00:23:05.210 --> 00:23:06.230 a paradoxical reaction.

NOTE Confidence: 0.8436319

00:23:06.230 --> 00:23:06.513 Anecdotally,

NOTE Confidence: 0.8436319

00:23:06.513 --> 00:23:09.060 I feel like a lot of my patients with

NOTE Confidence: 0.8436319

00:23:09.120 --> 00:23:11.466 autism can often have this paradoxical

NOTE Confidence: 0.8436319

00:23:11.466 --> 00:23:13.370 reaction to diphenhydramine as well,

NOTE Confidence: 0.8436319

00:23:13.370 --> 00:23:15.374 so I'm more cautious about parents

NOTE Confidence: 0.8436319

00:23:15.374 --> 00:23:17.790 are using and I just have them.

NOTE Confidence: 0.8436319

00:23:17.790 --> 00:23:19.830 Be careful. And obviously it's not.

NOTE Confidence: 0.8436319

00:23:19.830 --> 00:23:21.605 Usually it's not designed to

NOTE Confidence: 0.8436319

00:23:21.605 --> 00:23:24.009 be a long term therapy as well.

NOTE Confidence: 0.8436319

00:23:24.010 --> 00:23:27.146 So you have a side effect of sedation

NOTE Confidence: 0.8436319

00:23:27.146 --> 00:23:29.030 anticholinergic effects including fever,

NOTE Confidence: 0.8436319

00:23:29.030 --> 00:23:33.010 blurred vision, dry mouth Constipation, etc.

NOTE Confidence: 0.8436319

00:23:33.010 --> 00:23:36.259 Such that it is the only one of the

NOTE Confidence: 0.8436319

00:23:36.259 --> 00:23:39.786 most testing in children is clonazepam,

NOTE Confidence: 0.8436319

00:23:39.790 --> 00:23:42.954 which has been done betrayed to treat

NOTE Confidence: 0.8436319

00:23:42.954 --> 00:23:44.310 parasomnia spiritual movements,

NOTE Confidence: 0.8436319

00:23:44.310 --> 00:23:44.761 nocturnal,

NOTE Confidence: 0.8436319

00:23:44.761 --> 00:23:47.467 biting the side effects are obvious.

NOTE Confidence: 0.8436319

00:23:47.470 --> 00:23:49.278 Then this would benzodiazepine

NOTE Confidence: 0.8436319

00:23:49.278 --> 00:23:51.086 you have sedation headaches,

NOTE Confidence: 0.8436319

00:23:51.090 --> 00:23:52.461 dizziness and dependence,

NOTE Confidence: 0.8436319

00:23:52.461 --> 00:23:56.166 so it's not one that we usually go

NOTE Confidence: 0.8436319

00:23:56.166 --> 00:23:58.668 to from jump to iron supplements

NOTE Confidence: 0.8436319

00:23:58.668 --> 00:24:00.970 because there is actually relatively

NOTE Confidence: 0.8436319

00:24:00.970 --> 00:24:03.380 well known say Hi But.

NOTE Confidence: 0.8436319

00:24:03.380 --> 00:24:05.258 That could be an issue that

NOTE Confidence: 0.8436319

00:24:05.258 --> 00:24:06.197 patients are having.

NOTE Confidence: 0.8436319

00:24:06.200 --> 00:24:07.660 Apparently movements are are less

NOTE Confidence: 0.8436319

00:24:07.660 --> 00:24:09.640 symptoms that they just can't verbalize.

NOTE Confidence: 0.8436319

00:24:09.640 --> 00:24:12.195 So checking if Barrett and I think

NOTE Confidence: 0.8436319

00:24:12.195 --> 00:24:14.215 it's really important in these

NOTE Confidence: 0.8436319

00:24:14.215 --> 00:24:16.355 patients and supplementing with iron.

NOTE Confidence: 0.8436319

00:24:16.360 --> 00:24:16.818 As indicated,

NOTE Confidence: 0.8436319

00:24:16.818 --> 00:24:18.421 and then one thing that I as

NOTE Confidence: 0.8436319

00:24:18.421 --> 00:24:20.002 a pediatrician haven't really

NOTE Confidence: 0.8436319

00:24:20.002 --> 00:24:21.730 prescribed allotted nepas ill,

NOTE Confidence: 0.8436319

00:24:21.730 --> 00:24:23.310 which is an Alzheimer's medication.

NOTE Confidence: 0.8436319

00:24:23.310 --> 00:24:24.252 It's been studied,

NOTE Confidence: 0.8436319

00:24:24.252 --> 00:24:26.136 kind of recently been looking at

NOTE Confidence: 0.8436319

00:24:26.136 --> 00:24:27.751 'cause we know there's decreased

NOTE Confidence: 0.8436319

00:24:27.751 --> 00:24:28.995 REM sleep in autism.

NOTE Confidence: 0.8436319

00:24:29.000 --> 00:24:30.390 There's been some studies looking

NOTE Confidence: 0.8436319

00:24:30.390 --> 00:24:32.854 to see if we can increase REM sleep

NOTE Confidence: 0.8436319

00:24:32.854 --> 00:24:34.888 thinking that we can actually increase

NOTE Confidence: 0.8436319

00:24:34.888 --> 00:24:36.897 the restful quality of sleep etc.

NOTE Confidence: 0.8436319

00:24:36.900 --> 00:24:38.796 So I don't have personal experience

NOTE Confidence: 0.8436319

00:24:38.796 --> 00:24:39.428 using this,

NOTE Confidence: 0.8436319

00:24:39.430 --> 00:24:41.325 but it's been really interesting

NOTE Confidence: 0.8436319

00:24:41.325 --> 00:24:43.220 reading the literature that that's

NOTE Confidence: 0.8436319

00:24:43.277 --> 00:24:45.107 something that some people are are

NOTE Confidence: 0.8436319

00:24:45.107 --> 00:24:47.348 using and there was a clinical trial.

NOTE Confidence: 0.8436319

00:24:47.350 --> 00:24:49.822 I think even though I'm a couple years

NOTE Confidence: 0.8436319

00:24:49.822 --> 00:24:52.420 ago with this, I'm going to try to.

NOTE Confidence: 0.8436319

00:24:52.420 --> 00:24:54.639 I didn't see the full report out,

NOTE Confidence: 0.8436319

00:24:54.640 --> 00:24:56.536 but there's of course side effects

NOTE Confidence: 0.8436319

00:24:56.536 --> 00:24:58.444 of GI issues, vivid dreams, insomnia,

NOTE Confidence: 0.8436319

00:24:58.444 --> 00:25:01.210 Brady, Cardia, hypertension.

NOTE Confidence: 0.8436319

00:25:01.210 --> 00:25:03.499 And I just wanted to mention Doxepin,

NOTE Confidence: 0.8436319

00:25:03.500 --> 00:25:05.456 so this wasn't in that table.

NOTE Confidence: 0.8436319

00:25:05.460 --> 00:25:07.273 But this is a low dose Doxepin

NOTE Confidence: 0.8436319

00:25:07.273 --> 00:25:08.050 as many of

NOTE Confidence: 0.80414355

00:25:08.119 --> 00:25:10.751 us know as a medication has been approved

NOTE Confidence: 0.80414355

00:25:10.751 --> 00:25:13.310 for adults for insomnia for maintenance.

NOTE Confidence: 0.80414355

00:25:13.310 --> 00:25:14.618 Insomnia hasn't really been

NOTE Confidence: 0.80414355

00:25:14.618 --> 00:25:15.599 approved for children,

NOTE Confidence: 0.80414355

00:25:15.600 --> 00:25:17.814 but there's a single center retrospective

NOTE Confidence: 0.80414355

00:25:17.814 --> 00:25:20.496 study that did only 29 kids were in it.

NOTE Confidence: 0.80414355

00:25:20.500 --> 00:25:22.468 They just 217 all had autism.

NOTE Confidence: 0.80414355

00:25:22.470 --> 00:25:23.661 They already failed.

NOTE Confidence: 0.80414355

00:25:23.661 --> 00:25:25.646 Behavioral intervention and melatonin and

NOTE Confidence: 0.80414355

00:25:25.646 --> 00:25:28.195 they started median starting dose is 2

NOTE Confidence: 0.80414355

00:25:28.195 --> 00:25:29.890 milligrams median maintenance dose was

NOTE Confidence: 0.80414355

00:25:29.947 --> 00:25:31.811 all the way up to 10 milligrams which

NOTE Confidence: 0.80414355

00:25:31.811 --> 00:25:34.368 I know is a little bit higher than.

NOTE Confidence: 0.80414355

00:25:34.370 --> 00:25:36.626 The typical low dose not low dose toxin

NOTE Confidence: 0.80414355

00:25:36.626 --> 00:25:39.350 that we prescribe for maintenance insomnia,

NOTE Confidence: 0.80414355

00:25:39.350 --> 00:25:41.486 but the results were were were

NOTE Confidence: 0.80414355

00:25:41.486 --> 00:25:42.910 kind of where reassuring.

NOTE Confidence: 0.80414355

00:25:42.910 --> 00:25:44.695 It showed that 27.8% showed

NOTE Confidence: 0.80414355

00:25:44.695 --> 00:25:46.122 modern improvement, 34 mild,

NOTE Confidence: 0.80414355

00:25:46.122 --> 00:25:47.902 10 minimal or no improvement

NOTE Confidence: 0.80414355

00:25:47.902 --> 00:25:48.970 in 13 discontinuously,

NOTE Confidence: 0.80414355

00:25:48.970 --> 00:25:51.100 but it wasn't helping at all.

NOTE Confidence: 0.80414355

00:25:51.100 --> 00:25:54.304 Or they may be thought they had side effects.

NOTE Confidence: 0.80414355

00:25:54.310 --> 00:25:56.500 So two patients that have increased

NOTE Confidence: 0.80414355

00:25:56.500 --> 00:25:59.384 aggression in your racist but the rest of

NOTE Confidence: 0.80414355

00:25:59.384 --> 00:26:01.430 didn't have any significant side effects.

NOTE Confidence: 0.80414355

00:26:01.430 --> 00:26:03.560 So the conclusion that's potentially safe,

NOTE Confidence: 0.80414355

00:26:03.560 --> 00:26:05.565 well tolerated option for our

NOTE Confidence: 0.80414355

00:26:05.565 --> 00:26:07.169 pediatric patients with autism.

NOTE Confidence: 0.80414355

00:26:07.170 --> 00:26:09.039 To consider and I actually have a

NOTE Confidence: 0.80414355

00:26:09.039 --> 00:26:11.026 couple of patients and I started on it

NOTE Confidence: 0.80414355

00:26:11.026 --> 00:26:12.879 and it actually had some good success.

NOTE Confidence: 0.80414355

00:26:12.880 --> 00:26:14.680 What about the Z drugs?

NOTE Confidence: 0.80414355

00:26:14.680 --> 00:26:17.186 So the non benzodiazepine's are resulted etc.

NOTE Confidence: 0.80414355

00:26:17.190 --> 00:26:19.696 So these have a relatively short half-life,

NOTE Confidence: 0.80414355

00:26:19.700 --> 00:26:22.213 may have a safer profile then are

NOTE Confidence: 0.80414355

00:26:22.213 --> 00:26:23.290 compared to Benzodiazepine's,

NOTE Confidence: 0.80414355

00:26:23.290 --> 00:26:25.831 but Dayton uses eat Rosie drugs in

NOTE Confidence: 0.80414355

00:26:25.831 --> 00:26:27.688 children is generally quite limited

NOTE Confidence: 0.80414355

00:26:27.688 --> 00:26:30.138 and the data shows clearance of drugs

NOTE Confidence: 0.80414355

00:26:30.138 --> 00:26:32.657 in children is 3 times higher than

NOTE Confidence: 0.80414355

00:26:32.657 --> 00:26:34.418 adults which can cause medication

NOTE Confidence: 0.80414355

00:26:34.418 --> 00:26:35.850 effectiveness but increase risk

NOTE Confidence: 0.80414355

00:26:35.850 --> 00:26:37.282 of abnormal sleep behaviors.

NOTE Confidence: 0.80414355

00:26:37.290 --> 00:26:39.090 So more sleepwalking or sleep.

NOTE Confidence: 0.80414355

00:26:39.090 --> 00:26:40.975 Early hallucination and studies with

NOTE Confidence: 0.80414355

00:26:40.975 --> 00:26:43.589 kids with autism just are really are.

NOTE Confidence: 0.80414355

00:26:43.590 --> 00:26:45.326 There aren't a lot of studies as well,

NOTE Confidence: 0.80414355

00:26:45.330 --> 00:26:48.095 so but this is something to consider.

NOTE Confidence: 0.80414355

00:26:48.100 --> 00:26:50.388 So I'm just briefly my my approach and

NOTE Confidence: 0.80414355

00:26:50.388 --> 00:26:53.321 I'd love to hear if other people have

NOTE Confidence: 0.80414355

00:26:53.321 --> 00:26:54.853 experiences with their approaches.

NOTE Confidence: 0.80414355

00:26:54.860 --> 00:26:56.212 Are is, you know,

NOTE Confidence: 0.80414355

00:26:56.212 --> 00:26:58.240 I take a good sleep history,

NOTE Confidence: 0.80414355

00:26:58.240 --> 00:26:59.930 get a good sleep screening,

NOTE Confidence: 0.80414355

00:26:59.930 --> 00:27:02.261 and then I really try to understand

NOTE Confidence: 0.80414355

00:27:02.261 --> 00:27:04.327 the expectations of the family. How?

NOTE Confidence: 0.80414355

00:27:04.327 --> 00:27:06.686 What are they hoping from this visit?

NOTE Confidence: 0.80414355

00:27:06.690 --> 00:27:09.056 How much sleep do they want their

NOTE Confidence: 0.80414355

00:27:09.056 --> 00:27:10.070 child to have?

NOTE Confidence: 0.80414355

00:27:10.070 --> 00:27:12.086 How much are there sleep issues

NOTE Confidence: 0.80414355

00:27:12.086 --> 00:27:13.795 really affecting the overall family

NOTE Confidence: 0.80414355

00:27:13.795 --> 00:27:15.643 quality of life or their child's

NOTE Confidence: 0.80414355

00:27:15.643 --> 00:27:17.727 health and then extreme for any

NOTE Confidence: 0.80414355

00:27:17.727 --> 00:27:19.199 issues of comorbid conditions,

NOTE Confidence: 0.80414355

00:27:19.200 --> 00:27:19.900 address medications?

NOTE Confidence: 0.80414355

00:27:19.900 --> 00:27:21.650 Of course, don't just change.

NOTE Confidence: 0.80414355

00:27:21.650 --> 00:27:23.558 Medications are prescribed by someone else,

NOTE Confidence: 0.80414355

00:27:23.560 --> 00:27:25.468 but maybe talk to the family.

NOTE Confidence: 0.80414355

00:27:25.470 --> 00:27:27.206 Reach out to that doctor and see

NOTE Confidence: 0.80414355

00:27:27.206 --> 00:27:29.816 what we can do to adjust and then

NOTE Confidence: 0.80414355

00:27:29.816 --> 00:27:31.260 help the family established

NOTE Confidence: 0.80414355

00:27:31.260 --> 00:27:32.809 individualized routine or schedule.

NOTE Confidence: 0.80414355

00:27:32.810 --> 00:27:34.718 If they don't have one already,

NOTE Confidence: 0.80414355

00:27:34.720 --> 00:27:36.000 I try non pharmacological

NOTE Confidence: 0.80414355

00:27:36.000 --> 00:27:36.640 interventions first.

NOTE Confidence: 0.80414355

00:27:36.640 --> 00:27:37.594 The weighted blanket,

NOTE Confidence: 0.80414355

00:27:37.594 --> 00:27:39.184 the white noise machine etc.

NOTE Confidence: 0.80414355

00:27:39.190 --> 00:27:40.790 And then I try melatonin.

NOTE Confidence: 0.80414355

00:27:40.790 --> 00:27:42.416 I have a pretty low threshold

NOTE Confidence: 0.80414355

00:27:42.416 --> 00:27:44.610 to try it in this population,

NOTE Confidence: 0.80414355

00:27:44.610 --> 00:27:46.010 especially having trouble falling

NOTE Confidence: 0.80414355

00:27:46.010 --> 00:27:48.110 asleep and then I might consider

NOTE Confidence: 0.80414355

00:27:48.173 --> 00:27:50.135 other medications and usually I'm at.

NOTE Confidence: 0.80414355

00:27:50.140 --> 00:27:51.013 Akron, which imagined.

NOTE Confidence: 0.80414355

00:27:51.013 --> 00:27:53.050 Alright Yeah where we have a lot

NOTE Confidence: 0.80414355

00:27:53.108 --> 00:27:54.774 of complex patients who have a lot

NOTE Confidence: 0.80414355

00:27:54.774 --> 00:27:56.130 of sub sub specialist,

NOTE Confidence: 0.80414355

00:27:56.130 --> 00:27:57.612 so I usually will do this

NOTE Confidence: 0.80414355

00:27:57.612 --> 00:27:58.600 in conjunction with the

NOTE Confidence: 0.8360868

00:27:58.654 --> 00:27:59.546 neurologist, developmental

NOTE Confidence: 0.8360868

00:27:59.546 --> 00:28:00.690 pediatrician and psychiatrist milk.

NOTE Confidence: 0.8360868

00:28:00.690 --> 00:28:02.424 I've come with a plan together

NOTE Confidence: 0.8360868

00:28:02.424 --> 00:28:04.189 just so the right hand is

NOTE Confidence: 0.8360868

00:28:04.189 --> 00:28:05.815 with the left hand is doing.

NOTE Confidence: 0.81860095

00:28:07.990 --> 00:28:09.730 So I think just bottom

NOTE Confidence: 0.81860095

00:28:09.730 --> 00:28:11.122 line and hopefully good.

NOTE Confidence: 0.81860095

00:28:11.130 --> 00:28:13.314 I wanted to have lots of time

NOTE Confidence: 0.81860095

00:28:13.314 --> 00:28:14.970 for discussion and questions.

NOTE Confidence: 0.81860095

00:28:14.970 --> 00:28:16.318 So basically sleep disruptions

NOTE Confidence: 0.81860095

00:28:16.318 --> 00:28:18.340 common in autism severity of autism

NOTE Confidence: 0.81860095

00:28:18.392 --> 00:28:20.654 is correlated with degree of sleep

NOTE Confidence: 0.81860095

00:28:20.654 --> 00:28:22.162 disruption and behavioral interventions

NOTE Confidence: 0.81860095

00:28:22.222 --> 00:28:24.148 really should be the first line

NOTE Confidence: 0.81860095

00:28:24.148 --> 00:28:25.432 and considered first regardless

NOTE Confidence: 0.81860095

00:28:25.440 --> 00:28:27.190 of severity of options symptoms,

NOTE Confidence: 0.81860095

00:28:27.190 --> 00:28:29.278 knowing they may not be enough,

NOTE Confidence: 0.81860095

00:28:29.280 --> 00:28:32.064 but at least they should be in place.

NOTE Confidence: 0.81860095

00:28:32.070 --> 00:28:33.462 Pharmacologic therapies are often

NOTE Confidence: 0.81860095

00:28:33.462 --> 00:28:35.546 used in this population, but really,

NOTE Confidence: 0.81860095

00:28:35.546 --> 00:28:37.604 there's not a lot of evidence

NOTE Confidence: 0.81860095

00:28:37.604 --> 00:28:39.639 for which are most effective.

NOTE Confidence: 0.81860095

00:28:39.640 --> 00:28:41.180 But there's there's emerging evidence,

NOTE Confidence: 0.81860095

00:28:41.180 --> 00:28:43.412 and it's nice to see this in the

NOTE Confidence: 0.81860095

00:28:43.412 --> 00:28:44.859 literature and more research.

NOTE Confidence: 0.81860095

00:28:44.860 --> 00:28:45.166 Really,

NOTE Confidence: 0.81860095

00:28:45.166 --> 00:28:47.614 looking at autism in adults is really needed,

NOTE Confidence: 0.81860095

00:28:47.620 --> 00:28:48.544 particularly those with

NOTE Confidence: 0.81860095

00:28:48.544 --> 00:28:49.160 intellectual disability.

NOTE Confidence: 0.81860095

00:28:49.160 --> 00:28:51.015 They I fear a lot of them

NOTE Confidence: 0.81860095

00:28:51.015 --> 00:28:52.839 may not be getting well.

NOTE Confidence: 0.81860095

00:28:52.840 --> 00:28:54.989 It may not be recognized or not,

NOTE Confidence: 0.81860095

00:28:54.990 --> 00:28:57.965 may not be getting all the therapies.

NOTE Confidence: 0.81860095

00:28:57.970 --> 00:28:59.686 So I just know to couple

NOTE Confidence: 0.81860095

00:28:59.686 --> 00:29:01.230 I'll just keep this here.

NOTE Confidence: 0.81860095

00:29:01.230 --> 00:29:03.326 If you want a screenshot this but a

NOTE Confidence: 0.81860095

00:29:03.326 --> 00:29:05.368 couple of key citations to explore.

NOTE Confidence: 0.81860095

00:29:05.370 --> 00:29:08.338 I thought these were like really helpful

NOTE Confidence: 0.81860095

00:29:08.338 --> 00:29:11.737 reviews just to kind of approach the topic.

NOTE Confidence: 0.81860095

00:29:11.740 --> 00:29:12.920 I think that's that's all

NOTE Confidence: 0.81860095

00:29:12.920 --> 00:29:14.530 the day I have for slides,

NOTE Confidence: 0.81860095

00:29:14.530 --> 00:29:16.102 and hopefully I want to get

NOTE Confidence: 0.81860095

00:29:16.102 --> 00:29:17.839 plenty of time for us to talk,

NOTE Confidence: 0.81860095

00:29:17.840 --> 00:29:21.206 so I hope thank you for your attention and.

NOTE Confidence: 0.81860095

00:29:21.210 --> 00:29:22.170 Hopefully we can just trying

NOTE Confidence: 0.81860095

00:29:22.170 --> 00:29:22.938 to talk from here.

NOTE Confidence: 0.83606935

00:29:24.100 --> 00:29:25.846 Thanks so much. That was wonderful.

NOTE Confidence: 0.83606935

00:29:25.850 --> 00:29:27.894 I will open it up to questions.

NOTE Confidence: 0.83606935

00:29:27.900 --> 00:29:29.769 Actually I think we have enough time

NOTE Confidence: 0.83606935

00:29:29.769 --> 00:29:32.182 that it folks would like to just unmute

NOTE Confidence: 0.83606935

00:29:32.182 --> 00:29:33.732 an ask their questions directly.

NOTE Confidence: 0.83606935

00:29:33.740 --> 00:29:34.880 That would be great.

NOTE Confidence: 0.83606935

00:29:34.880 --> 00:29:36.950 I'm going to check the chat room,

NOTE Confidence: 0.83606935

00:29:36.950 --> 00:29:40.060 but I didn't see anything.

NOTE Confidence: 0.83606935

00:29:40.060 --> 00:29:41.896 Just yet, when I last looked,

NOTE Confidence: 0.83606935

00:29:41.900 --> 00:29:44.370 I know that we, I think we have a few

NOTE Confidence: 0.83606935

00:29:44.445 --> 00:29:46.785 pediatricians at least on the call.

NOTE Confidence: 0.83606935

00:29:46.790 --> 00:29:48.626 Does anyone have any questions or

NOTE Confidence: 0.8615132

00:29:48.630 --> 00:29:50.160 comments? I'd love to hear.

NOTE Confidence: 0.8615132

00:29:50.160 --> 00:29:51.990 Kind of your experience and yeah.

NOTE Confidence: 0.875953416666667

00:29:59.310 --> 00:30:02.506 Well. She put the last slide back

NOTE Confidence: 0.875953416666667

00:30:02.506 --> 00:30:06.810 on for a second one, the. Sure,

NOTE Confidence: 0.7291935

00:30:06.810 --> 00:30:08.520 let me let me reshare.

NOTE Confidence: 0.44565442

00:30:14.610 --> 00:30:17.180 Oops. Sorry, one moment.

NOTE Confidence: 0.44565442

00:30:17.180 --> 00:30:18.884 Did you have a question about that

NOTE Confidence: 0.44565442

00:30:18.884 --> 00:30:20.820 or just wanted to see the resources?

NOTE Confidence: 0.75215435

00:30:24.940 --> 00:30:28.190 Is it this this line? Yes, OK.

NOTE Confidence: 0.842566

00:30:30.760 --> 00:30:34.204 I guess I'll start with a question

NOTE Confidence: 0.842566

00:30:34.204 --> 00:30:37.627 Caroline is do you find any

NOTE Confidence: 0.842566

00:30:37.627 --> 00:30:40.079 differences in how receptive

NOTE Confidence: 0.842566

00:30:40.079 --> 00:30:43.229 parents of children with ASD R2,

NOTE Confidence: 0.842566

00:30:43.230 --> 00:30:46.566 either behavioral or pharmacologic?

NOTE Confidence: 0.842566

00:30:46.566 --> 00:30:50.736 Interventions than patients without autism.

NOTE Confidence: 0.842566

00:30:50.740 --> 00:30:52.419 Oh, that's a great question.

NOTE Confidence: 0.842566

00:30:52.419 --> 00:30:54.811 Like is there? Do they tend to prefer

NOTE Confidence: 0.842566

00:30:54.811 --> 00:30:56.930 for pharmacological agents or not?

NOTE Confidence: 0.842566

00:30:56.930 --> 00:30:57.962 Or is there?

NOTE Confidence: 0.842566

00:30:57.962 --> 00:31:00.225 You know, I could imagine there could

NOTE Confidence: 0.842566

00:31:00.225 --> 00:31:02.191 be more reluctance or hesitance to

NOTE Confidence: 0.842566

00:31:02.191 --> 00:31:03.199 attempt behavioral interventions

NOTE Confidence: 0.842566

00:31:03.199 --> 00:31:05.669 just because of the kind of constant

NOTE Confidence: 0.842566

00:31:05.669 --> 00:31:07.249 daily challenges that beast,

NOTE Confidence: 0.842566

00:31:07.250 --> 00:31:09.314 but I would love to hear

NOTE Confidence: 0.842566

00:31:09.314 --> 00:31:10.690 your perspectives on that.

NOTE Confidence: 0.8113184

00:31:11.440 --> 00:31:13.098 No, that's a great question. I.

NOTE Confidence: 0.8113184

00:31:13.098 --> 00:31:14.694 I think in my experience and they

NOTE Confidence: 0.8113184

00:31:14.694 --> 00:31:16.818 tend to be more open to pharmacologic

NOTE Confidence: 0.8113184

00:31:16.818 --> 00:31:19.069 interventions for when they when their kids

NOTE Confidence: 0.8113184

00:31:19.069 --> 00:31:21.127 have autism compared to those who don't.

NOTE Confidence: 0.8113184

00:31:21.130 --> 00:31:22.560 And I think it's typically,

NOTE Confidence: 0.8113184

00:31:22.560 --> 00:31:24.270 as I say, I've referral bias,

NOTE Confidence: 0.8113184

00:31:24.270 --> 00:31:26.358 insured, slotted you do by the

NOTE Confidence: 0.8113184

00:31:26.358 --> 00:31:28.020 time you're coming to me.

NOTE Confidence: 0.8113184

00:31:28.020 --> 00:31:29.808 You tried a few other things

NOTE Confidence: 0.8113184

00:31:29.808 --> 00:31:31.000 and you really are.

NOTE Confidence: 0.8113184

00:31:31.000 --> 00:31:32.485 We allowed the parents come

NOTE Confidence: 0.8113184

00:31:32.485 --> 00:31:33.673 to me somewhat frustrated,

NOTE Confidence: 0.8113184

00:31:33.680 --> 00:31:35.468 so usually they feel it depends

NOTE Confidence: 0.8113184

00:31:35.468 --> 00:31:36.660 on the degree of.

NOTE Confidence: 0.8113184

00:31:36.660 --> 00:31:38.985 I think in touch will

NOTE Confidence: 0.8113184

00:31:38.985 --> 00:31:40.845 compromise the kids have.

NOTE Confidence: 0.8113184

00:31:40.850 --> 00:31:42.512 I think it's a relatively still

NOTE Confidence: 0.8113184

00:31:42.512 --> 00:31:43.620 kind of high functioning.

NOTE Confidence: 0.8113184

00:31:43.620 --> 00:31:45.018 I think the parents are willing

NOTE Confidence: 0.8113184

00:31:45.018 --> 00:31:46.340 to really try some behavioral

NOTE Confidence: 0.8113184

00:31:46.340 --> 00:31:48.050 things that they really struggle.

NOTE Confidence: 0.8113184

00:31:48.050 --> 00:31:50.490 Obviously there are more.

NOTE Confidence: 0.8113184

00:31:50.490 --> 00:31:52.360 Try to do more of just the medication,

NOTE Confidence: 0.8113184

00:31:52.360 --> 00:31:53.752 even to the point where sometimes

NOTE Confidence: 0.8113184

00:31:53.752 --> 00:31:55.406 when I I try say, well, sure,

NOTE Confidence: 0.8113184

00:31:55.406 --> 00:31:56.804 yes we can think about that.

NOTE Confidence: 0.8113184

00:31:56.810 --> 00:31:57.527 But you know,

NOTE Confidence: 0.8113184

00:31:57.527 --> 00:31:58.483 here's some things about

NOTE Confidence: 0.8113184

00:31:58.483 --> 00:31:59.619 getting a schedule you know.

NOTE Confidence: 0.8113184

00:31:59.620 --> 00:32:00.862 Can we try to turn the

NOTE Confidence: 0.8113184

00:32:00.862 --> 00:32:02.190 light on in the morning?

NOTE Confidence: 0.8113184

00:32:02.190 --> 00:32:03.828 Have a regular bedtime sleep time sometimes,

NOTE Confidence: 0.8113184

00:32:03.830 --> 00:32:05.517 or even resistant to that and just

NOTE Confidence: 0.8113184

00:32:05.517 --> 00:32:07.174 want the medicine so it's a little

NOTE Confidence: 0.8113184

00:32:07.174 --> 00:32:08.506 bit of a discussion and trying.

NOTE Confidence: 0.8129765

00:32:10.810 --> 00:32:11.680 Forming a partnership.

NOTE Confidence: 0.8129765

00:32:11.680 --> 00:32:12.260 Because honestly,

NOTE Confidence: 0.8129765

00:32:12.260 --> 00:32:13.710 I think these medications help,

NOTE Confidence: 0.8129765

00:32:13.710 --> 00:32:15.951 but I don't know and I love to hear

NOTE Confidence: 0.8129765

00:32:15.951 --> 00:32:17.743 peoples experience. I don't know.

NOTE Confidence: 0.8129765

00:32:17.743 --> 00:32:20.069 I've seen any kid who remains on one

NOTE Confidence: 0.8129765

00:32:20.069 --> 00:32:22.405 regiment for a long time and their set,

NOTE Confidence: 0.8129765

00:32:22.410 --> 00:32:24.440 so I feel like they keep changing.

NOTE Confidence: 0.8129765

00:32:24.440 --> 00:32:26.960 So I think it it's a little bit of dance

NOTE Confidence: 0.8129765

00:32:27.031 --> 00:32:29.369 with the kid and ever changing needs.

NOTE Confidence: 0.85575503

00:32:31.400 --> 00:32:37.008 Great thanks. So I have a question so.

NOTE Confidence: 0.85575503

00:32:37.010 --> 00:32:40.150 The parents of a child who's autistic

NOTE Confidence: 0.85575503

00:32:40.150 --> 00:32:44.360 who wanders around at night, can't sleep.

NOTE Confidence: 0.85575503

00:32:44.360 --> 00:32:46.971 What do you do for for the parents

NOTE Confidence: 0.85575503

00:32:46.971 --> 00:32:49.470 to give them some respite? Yeah,

NOTE Confidence: 0.8884189

00:32:49.470 --> 00:32:52.606 I. I think if there, if they're wondering,

NOTE Confidence: 0.8884189

00:32:52.606 --> 00:32:55.548 is the point of certainly. Endangering them,

NOTE Confidence: 0.8884189

00:32:55.548 --> 00:32:58.460 I think that's where we maybe go towards

NOTE Confidence: 0.8884189

00:32:58.530 --> 00:33:00.510 seeing some sedating medications faster

NOTE Confidence: 0.8884189

00:33:00.510 --> 00:33:03.309 than maybe we would for another kid.

NOTE Confidence: 0.8884189

00:33:03.310 --> 00:33:05.240 Just thinking of weighing the

NOTE Confidence: 0.8884189

00:33:05.240 --> 00:33:09.409 safety or not, I think for.

NOTE Confidence: 0.8884189

00:33:09.410 --> 00:33:11.080 Alarms are not alarmed, but like sex.

NOTE Confidence: 0.8884189

00:33:11.080 --> 00:33:12.739 I had some patients who have such

NOTE Confidence: 0.8884189

00:33:12.739 --> 00:33:13.694 bad sleepwalking, they leave.

NOTE Confidence: 0.8884189

00:33:13.694 --> 00:33:14.879 They will leave the apartment.

00:33:14.880 --> 00:33:15.864 They leave the house.

00:33:15.864 --> 00:33:18.089 So I think trying to help them having the

00:33:18.089 --> 00:33:20.600 extra lock at the top of the top of the door,

00:33:20.600 --> 00:33:22.259 having like a Bell on the door,

00:33:22.260 --> 00:33:23.947 something to alert them if they're going

00:33:23.947 --> 00:33:25.590 to actually go out into get unsafe.

00:33:25.590 --> 00:33:27.970 But I think those kids I think they may be.

00:33:27.970 --> 00:33:29.636 I tend to try to lean towards.

00:33:29.640 --> 00:33:31.773 Well, let's see what we can do for medicines.

00:33:31.780 --> 00:33:33.184 Maybe a little bit sooner than

00:33:33.184 --> 00:33:34.400 they would for other kids.

00:33:34.400 --> 00:33:37.160 If they are a danger.

00:33:37.160 --> 00:33:37.580 You know,

00:33:37.580 --> 00:33:40.009 I I hear your point of just like how do we

00:33:40.009 --> 00:33:42.030 get parents to sleep when their kids aren't?

00:33:42.030 --> 00:33:42.442 It's tough.

NOTE Confidence: 0.8884189

00:33:42.442 --> 00:33:44.090 I mean it's a lot of I give

NOTE Confidence: 0.8884189

00:33:44.150 --> 00:33:45.740 these parents a lot of credit.

NOTE Confidence: 0.8884189

00:33:45.740 --> 00:33:47.412 I when I first meet them I feel

NOTE Confidence: 0.8884189

00:33:47.412 --> 00:33:49.219 like I do a lot of discussions.

NOTE Confidence: 0.8884189

00:33:49.220 --> 00:33:51.950 We need a lot through my.

NOTE Confidence: 0.8884189

00:33:51.950 --> 00:33:53.552 My telephone and video visits really

NOTE Confidence: 0.8884189

00:33:53.552 --> 00:33:55.412 quickly in the first month until we

NOTE Confidence: 0.8884189

00:33:55.412 --> 00:33:57.148 kind of come up with an individualized

NOTE Confidence: 0.8884189

00:33:57.199 --> 00:33:58.975 plan that seems to work best for them.

NOTE Confidence: 0.8884189

00:33:58.980 --> 00:34:00.312 It's like there's not one way

NOTE Confidence: 0.8884189

00:34:00.312 --> 00:34:01.740 I do for the families,

NOTE Confidence: 0.8884189

00:34:01.740 --> 00:34:03.204 but a lot of negotiation of

NOTE Confidence: 0.8884189

00:34:03.204 --> 00:34:04.500 what works best for them.

NOTE Confidence: 0.8589258

00:34:08.680 --> 00:34:11.002 This is Ian. We're like I do

NOTE Confidence: 0.8589258

00:34:11.002 --> 00:34:12.345 mostly adult Sleep Medicine.

NOTE Confidence: 0.8589258

00:34:12.345 --> 00:34:15.006 I have a handful of adult ASD patients

NOTE Confidence: 0.8589258

00:34:15.006 --> 00:34:17.664 and one of the things that we struggle

NOTE Confidence: 0.8589258

00:34:17.664 --> 00:34:20.006 with is sort of balancing the sort

NOTE Confidence: 0.8589258

00:34:20.006 --> 00:34:22.326 of once of the patient with the

NOTE Confidence: 0.8589258

00:34:22.330 --> 00:34:24.329 ones of the parents or caregivers.

NOTE Confidence: 0.8589258

00:34:24.329 --> 00:34:26.329 And sometimes they are in conflict.

NOTE Confidence: 0.8589258

00:34:26.330 --> 00:34:28.989 One another long is lined with the issue

NOTE Confidence: 0.8589258

00:34:28.990 --> 00:34:30.660 with the wandering at night.

NOTE Confidence: 0.8589258

00:34:30.660 --> 00:34:32.319 Maybe it's a safety issue,

NOTE Confidence: 0.8589258

00:34:32.319 --> 00:34:34.990 but sometimes it's not there just up and

NOTE Confidence: 0.8589258

00:34:34.990 --> 00:34:36.318 they're playing video games,

NOTE Confidence: 0.8589258

00:34:36.318 --> 00:34:37.978 or they're doing something and.

NOTE Confidence: 0.8487475

00:34:38.410 --> 00:34:39.718 And but their caregivers

NOTE Confidence: 0.8487475

00:34:39.718 --> 00:34:41.355 are very disturbed by that,

NOTE Confidence: 0.8487475

00:34:41.355 --> 00:34:42.990 and I always really reluctant

NOTE Confidence: 0.8487475

00:34:42.990 --> 00:34:44.621 to sort of medicate those

NOTE Confidence: 0.8487475

00:34:44.621 --> 00:34:46.226 patients if they don't really

NOTE Confidence: 0.8487475

00:34:46.226 --> 00:34:48.216 have any kind of major special.

NOTE Confidence: 0.8487475

00:34:48.216 --> 00:34:50.182 They're not having a lot of

NOTE Confidence: 0.8487475

00:34:50.182 --> 00:34:51.490 datetime dysfunction, so how

NOTE Confidence: 0.8487475

00:34:51.490 --> 00:34:53.653 do you sort of balance between the

NOTE Confidence: 0.8487475

00:34:53.653 --> 00:34:56.070 patient and the family or caregiver and

NOTE Confidence: 0.8487475

00:34:56.070 --> 00:34:57.700 and in terms of treatment?

NOTE Confidence: 0.786042

00:34:58.960 --> 00:35:02.580 Yeah, no, that's it, yeah. It's tough.

NOTE Confidence: 0.786042

00:35:02.580 --> 00:35:04.080 I think it's that's where really

NOTE Confidence: 0.786042

00:35:04.080 --> 00:35:05.537 the having a lot of discussion,

NOTE Confidence: 0.786042

00:35:05.540 --> 00:35:07.353 like for instance when another thing that

NOTE Confidence: 0.786042

00:35:07.353 --> 00:35:09.703 I see as I have a parent who just wanted

NOTE Confidence: 0.786042

00:35:09.703 --> 00:35:11.709 her kid to sleep 14 hours every day.

NOTE Confidence: 0.786042

00:35:11.710 --> 00:35:13.806 She's like I want him to fall asleep

NOTE Confidence: 0.786042

00:35:13.806 --> 00:35:16.229 at 6 and not get up until you know

NOTE Confidence: 0.786042

00:35:16.229 --> 00:35:18.550 8:00 AM the next day and it's like.

NOTE Confidence: 0.786042

00:35:18.550 --> 00:35:21.062 I mean I should like some schema pill

NOTE Confidence: 0.786042

00:35:21.062 --> 00:35:23.229 that does that and it's like no.

NOTE Confidence: 0.786042

00:35:23.230 --> 00:35:25.102 So you know, so I think it's a lot

NOTE Confidence: 0.786042

00:35:25.102 --> 00:35:27.290 of discussion resetting expectations,

NOTE Confidence: 0.786042

00:35:27.290 --> 00:35:28.378 which is not easy,

NOTE Confidence: 0.786042

00:35:28.378 --> 00:35:31.029 and I think you have the unique problem.

NOTE Confidence: 0.786042

00:35:31.030 --> 00:35:32.902 Two of having adult patients least

NOTE Confidence: 0.786042

00:35:32.902 --> 00:35:35.393 most of mine are are, you know minors.

NOTE Confidence: 0.786042

00:35:35.393 --> 00:35:36.954 So the parents. Usually there's.

NOTE Confidence: 0.786042

00:35:36.954 --> 00:35:39.138 I guess it's a little bit easier.

NOTE Confidence: 0.786042

00:35:39.140 --> 00:35:40.364 I think to navigate.

NOTE Confidence: 0.786042

00:35:40.364 --> 00:35:42.570 I think when there when their kids,

NOTE Confidence: 0.786042

00:35:42.570 --> 00:35:44.448 but I think that the teenager,

NOTE Confidence: 0.786042

00:35:44.450 --> 00:35:46.424 for instance of a few patients who

NOTE Confidence: 0.786042

00:35:46.424 --> 00:35:48.434 have autism with teenagers. But I.

NOTE Confidence: 0.786042

00:35:48.434 --> 00:35:50.096 Talk to parents about daytime symptoms,

NOTE Confidence: 0.786042

00:35:50.100 --> 00:35:51.794 how much it's really affecting their life.

NOTE Confidence: 0.786042

00:35:51.800 --> 00:35:53.743 The same thing like you just said, right?

NOTE Confidence: 0.786042

00:35:53.743 --> 00:35:55.201 It's like if they're doing relatively

NOTE Confidence: 0.786042

00:35:55.201 --> 00:35:55.930 well and sure,

NOTE Confidence: 0.786042

00:35:55.930 --> 00:35:57.388 it's annoying that they get up

NOTE Confidence: 0.786042

00:35:57.388 --> 00:35:58.592 and play video games, but.

NOTE Confidence: 0.786042

00:35:58.592 --> 00:35:59.056 You know,

NOTE Confidence: 0.786042

00:35:59.056 --> 00:36:01.616 are they able to still go to school or are

NOTE Confidence: 0.786042

00:36:01.616 --> 00:36:03.660 they still able to function pretty well?

NOTE Confidence: 0.786042

00:36:03.660 --> 00:36:05.990 Can we negotiate a time or you can get up,

NOTE Confidence: 0.786042

00:36:05.990 --> 00:36:08.550 but you have to go to bed in half an hour.

NOTE Confidence: 0.786042

00:36:08.550 --> 00:36:09.948 You know afterwards, like you know,

NOTE Confidence: 0.786042

00:36:09.950 --> 00:36:11.678 it's a little bit of a long discussion

NOTE Confidence: 0.786042

00:36:11.678 --> 00:36:13.442 to be honest, but I do struggle,

NOTE Confidence: 0.786042

00:36:13.442 --> 00:36:14.374 especially with the kids.

NOTE Confidence: 0.786042

00:36:14.380 --> 00:36:16.004 We have a little bit more ability

NOTE Confidence: 0.786042

00:36:16.004 --> 00:36:17.870 to just do what they want to do.

NOTE Confidence: 0.86161405

00:36:20.250 --> 00:36:21.366 I do have one Kitty tried.

NOTE Confidence: 0.86161405

00:36:21.370 --> 00:36:22.606 They always wanted to leave the

NOTE Confidence: 0.86161405

00:36:22.606 --> 00:36:24.278 house in mill and I and I think we

NOTE Confidence: 0.86161405

00:36:24.278 --> 00:36:25.668 were able to just get him to agree.

NOTE Confidence: 0.86161405

00:36:25.670 --> 00:36:27.227 That was not a good idea so he just

NOTE Confidence: 0.86161405

00:36:27.227 --> 00:36:28.407 wanted to play in the backyard

NOTE Confidence: 0.86161405

00:36:28.407 --> 00:36:29.789 at three in the morning and like.

NOTE Confidence: 0.7319852

00:36:31.900 --> 00:36:35.348 So there's some. There's some guardrails.

NOTE Confidence: 0.8328004

00:36:35.350 --> 00:36:37.541 I will, I'll just read a question

NOTE Confidence: 0.8328004

00:36:37.541 --> 00:36:39.729 from the chat for someone who's

NOTE Confidence: 0.8328004

00:36:39.729 --> 00:36:41.689 Mike is not functioning well,

NOTE Confidence: 0.8328004

00:36:41.690 --> 00:36:44.516 so this is from Debbie did one of our

NOTE Confidence: 0.8328004

00:36:44.516 --> 00:36:46.614 former Sleep Fellows, whose Nestle

NOTE Confidence: 0.8328004

00:36:46.614 --> 00:36:48.726 faculty he says in my experience,

NOTE Confidence: 0.8328004

00:36:48.730 --> 00:36:51.180 parent to like the effect of melatonin

NOTE Confidence: 0.8328004

00:36:51.180 --> 00:36:53.600 end up increasing and increasing the dose

NOTE Confidence: 0.8328004

00:36:53.600 --> 00:36:56.120 and buying 5 to 15 milligram gummies,

NOTE Confidence: 0.8328004

00:36:56.120 --> 00:36:57.880 which I am appalled, exist.

NOTE Confidence: 0.8328004

00:36:57.880 --> 00:37:01.048 Not sure why he says that this might work,

NOTE Confidence: 0.8328004

00:37:01.050 --> 00:37:03.156 but I'm concerned about those dosages.

NOTE Confidence: 0.8328004

00:37:03.160 --> 00:37:05.356 How do you address that or?

NOTE Confidence: 0.8328004

00:37:05.360 --> 00:37:07.608 Do you feel it is OK to give

NOTE Confidence: 0.8328004

00:37:07.608 --> 00:37:09.378 those parents that much leeway?

NOTE Confidence: 0.8328004

00:37:09.380 --> 00:37:11.536 Also, which brand melatonin do you recommend?

NOTE Confidence: 0.8328004

00:37:11.540 --> 00:37:13.346 There's so much variability in the

NOTE Confidence: 0.8328004

00:37:13.346 --> 00:37:14.940 trudeaus among the different brands.

NOTE Confidence: 0.8328004

00:37:14.940 --> 00:37:16.480 Yeah, I think I agree.

NOTE Confidence: 0.8328004

00:37:16.480 --> 00:37:16.790 I

00:37:16.790 --> 00:37:19.198 I was surprised at why people were giving

00:37:19.198 --> 00:37:21.041 their kids all these 1520 milligram

00:37:21.041 --> 00:37:23.280 doses myself and I went to target.

00:37:23.280 --> 00:37:25.080 Is trying to see like what's

00:37:25.080 --> 00:37:26.988 out there and I'm like, Oh,

00:37:26.988 --> 00:37:28.836 it's because that's what's out there.

00:37:28.840 --> 00:37:31.176 So I agree. I think it's unfortunate that

00:37:31.176 --> 00:37:33.479 those are the doses that are available.

00:37:33.480 --> 00:37:35.358 I tried to recommend actually the

00:37:35.358 --> 00:37:37.859 droppers and I do recommend low dose and

00:37:37.859 --> 00:37:40.369 I kind of warn them about the siding.

00:37:40.370 --> 00:37:42.421 Fact of the drowsiness in the Karate

00:37:42.421 --> 00:37:44.656 NIST next day, and usually that

00:37:44.656 --> 00:37:47.368 actually is sufficient to kind of.

00:37:47.370 --> 00:37:50.274 At parents, to keep the doses down, you know,

00:37:50.274 --> 00:37:53.220 and I I think I've been knock on wood.

NOTE Confidence: 0.84355915

00:37:53.220 --> 00:37:55.817 Pretty successful gain them not to just

NOTE Confidence: 0.84355915

00:37:55.817 --> 00:37:58.518 give them 2030 milligrams of melatonin at

NOTE Confidence: 0.84355915

00:37:58.518 --> 00:38:01.480 night in terms of the brands you know.

NOTE Confidence: 0.84355915

00:38:01.480 --> 00:38:04.009 I had been told when I was asleep fellow

NOTE Confidence: 0.84355915

00:38:04.009 --> 00:38:06.208 that there's a company, sundown Naturals.

NOTE Confidence: 0.84355915

00:38:06.208 --> 00:38:08.756 I think that was involved in one

NOTE Confidence: 0.84355915

00:38:08.756 --> 00:38:11.050 of the chronobiology research.

NOTE Confidence: 0.84355915

00:38:11.050 --> 00:38:13.620 Um? A few years ago,

NOTE Confidence: 0.84355915

00:38:13.620 --> 00:38:15.195 so I think that was a brand

NOTE Confidence: 0.84355915

00:38:15.195 --> 00:38:16.920 that I have been recommended.

NOTE Confidence: 0.84355915

00:38:16.920 --> 00:38:19.950 I gotta be honest, I can try to do a verify.

NOTE Confidence: 0.84355915

00:38:19.950 --> 00:38:21.050 That information. I got.

NOTE Confidence: 0.84355915

00:38:21.050 --> 00:38:22.150 Someone else knows that.

NOTE Confidence: 0.84355915

00:38:22.150 --> 00:38:24.350 Please let me know, but that's one Brandon.

NOTE Confidence: 0.84355915

00:38:24.350 --> 00:38:25.100 I've been told,

NOTE Confidence: 0.84355915

00:38:25.100 --> 00:38:27.210 czar bees seem to be a very popular

NOTE Confidence: 0.84355915

00:38:27.210 --> 00:38:29.296 brand and they come in low doses.

NOTE Confidence: 0.84355915

00:38:29.300 --> 00:38:30.670 1 milligram, half a milligram,

NOTE Confidence: 0.84355915

00:38:30.670 --> 00:38:31.158 3 milligrams,

NOTE Confidence: 0.84355915

00:38:31.158 --> 00:38:33.700 so those are ones that I tend to recommend.

NOTE Confidence: 0.84355915

00:38:33.700 --> 00:38:36.346 But you know, do I know that?

NOTE Confidence: 0.84355915

00:38:36.350 --> 00:38:38.640 So their justice is reliable.

NOTE Confidence: 0.84355915

00:38:38.640 --> 00:38:39.154 You know,

NOTE Confidence: 0.84355915

00:38:39.154 --> 00:38:40.953 I I'd warn parents that you know.

NOTE Confidence: 0.86981785

00:38:43.430 --> 00:38:45.160 I tell him about the study and

NOTE Confidence: 0.86981785

00:38:45.160 --> 00:38:46.992 how we know when they looked at

NOTE Confidence: 0.86981785

00:38:46.992 --> 00:38:48.588 was a 20 brands of melatonin.

NOTE Confidence: 0.86981785

00:38:48.590 --> 00:38:49.606 They were all variable,

NOTE Confidence: 0.86981785

00:38:49.606 --> 00:38:51.440 so I think those are the two

NOTE Confidence: 0.86981785

00:38:51.440 --> 00:38:52.720 that I tend to recommend.

NOTE Confidence: 0.86981785

00:38:52.720 --> 00:38:54.130 And then I think if they're

NOTE Confidence: 0.86981785

00:38:54.130 --> 00:38:55.697 really not having any effect or

NOTE Confidence: 0.86981785

00:38:55.697 --> 00:38:58.092 something is really weird, I try to.

NOTE Confidence: 0.86981785

00:38:58.092 --> 00:39:00.075 Scribe it, and so if maybe their

NOTE Confidence: 0.86981785

00:39:00.075 --> 00:39:01.230 insurance covers that they can

NOTE Confidence: 0.86981785

00:39:01.281 --> 00:39:02.643 get from the pharmacist and I'm

NOTE Confidence: 0.86981785

00:39:02.643 --> 00:39:04.220 hoping that dose is more reliable.

NOTE Confidence: 0.81685568

00:39:06.310 --> 00:39:07.345 Great, thank you.

NOTE Confidence: 0.81685568

00:39:07.345 --> 00:39:09.760 And I guess David was appalled David

NOTE Confidence: 0.81685568

00:39:09.827 --> 00:39:11.807 was appalled about the gummies,

NOTE Confidence: 0.81685568

00:39:11.810 --> 00:39:13.370 just 'cause kids like gummies.

NOTE Confidence: 0.81685568

00:39:13.370 --> 00:39:15.540 So of course they'll overdose on gummy's.

NOTE Confidence: 0.78810936

00:39:15.540 --> 00:39:17.400 Actually yesterday they saw another kid

NOTE Confidence: 0.78810936

00:39:17.400 --> 00:39:19.590 with autism who ate the whole bottle.

NOTE Confidence: 0.78810936

00:39:19.590 --> 00:39:22.389 Mom said a couple years ago of their gummies,

NOTE Confidence: 0.78810936

00:39:22.390 --> 00:39:24.582 she's nine and she just took the whole

NOTE Confidence: 0.78810936

00:39:24.582 --> 00:39:26.739 thing and they called poison control.

NOTE Confidence: 0.78810936

00:39:26.740 --> 00:39:28.917 And they're like I think she's fine.

NOTE Confidence: 0.78810936

00:39:28.920 --> 00:39:31.334 She ended up being OK, but you're right.

NOTE Confidence: 0.78810936

00:39:31.334 --> 00:39:33.890 I mean this should be like the gummies,

NOTE Confidence: 0.78810936

00:39:33.890 --> 00:39:35.450 it's like her sleep candy,

NOTE Confidence: 0.78810936

00:39:35.450 --> 00:39:37.310 which is why I actually pen.

NOTE Confidence: 0.78810936

00:39:37.310 --> 00:39:38.794 I personally don't recommend.

NOTE Confidence: 0.78810936

00:39:38.794 --> 00:39:41.300 I'm not. I don't push the gummies,

NOTE Confidence: 0.78810936

00:39:41.300 --> 00:39:43.750 I don't like it to be associate

NOTE Confidence: 0.78810936

00:39:43.750 --> 00:39:45.917 with candy 'cause this girl she

NOTE Confidence: 0.78810936

00:39:45.917 --> 00:39:48.010 ate almost a whole bottle of.

NOTE Confidence: 0.78810936

00:39:48.010 --> 00:39:50.122 Well I have a question yes.

NOTE Confidence: 0.78810936

00:39:50.122 --> 00:39:51.534 What is the timing

NOTE Confidence: 0.79194236

00:39:51.540 --> 00:39:54.114 of the taking of the melatonin

NOTE Confidence: 0.79194236

00:39:54.114 --> 00:39:55.830 compared to the desired?

NOTE Confidence: 0.79194236

00:39:55.830 --> 00:39:57.033 Sleep onset time.

NOTE Confidence: 0.79194236

00:39:57.033 --> 00:39:58.637 Think it's an excellent

NOTE Confidence: 0.795925083333333

00:39:58.640 --> 00:40:00.100 question, I'm sorry, did.

NOTE Confidence: 0.795925083333333

00:40:00.100 --> 00:40:01.925 I didn't talk about that.

NOTE Confidence: 0.795925083333333

00:40:01.930 --> 00:40:03.535 That's actually a very great

NOTE Confidence: 0.795925083333333

00:40:03.535 --> 00:40:04.824 fundamental question. I recommend,

NOTE Confidence: 0.795925083333333

00:40:04.824 --> 00:40:07.400 so using it kind of as a hypnotic.

NOTE Confidence: 0.795925083333333

00:40:07.400 --> 00:40:09.976 I say 30 to 60 minutes before bed,

NOTE Confidence: 0.795925083333333

00:40:09.980 --> 00:40:11.906 adjusting a little bit as needed.

NOTE Confidence: 0.795925083333333

00:40:11.910 --> 00:40:13.836 That's usually what I recommend for.

NOTE Confidence: 0.795925083333333

00:40:13.840 --> 00:40:16.094 You're just helping the first sleep onset.

NOTE Confidence: 0.8492173

00:40:21.960 --> 00:40:25.104 Great, so if there are no other questions,

NOTE Confidence: 0.8492173

00:40:25.110 --> 00:40:27.679 I think we'll end there and thanks

NOTE Confidence: 0.8492173

00:40:27.679 --> 00:40:30.228 everyone so much for your attention.

NOTE Confidence: 0.8492173

00:40:30.230 --> 00:40:31.810 Thank you doctor Cory.

NOTE Confidence: 0.8492173

00:40:31.810 --> 00:40:33.779 Thank you, I appreciate it.

NOTE Confidence: 0.8492173

00:40:33.780 --> 00:40:37.326 I think I put my email in the chat.

NOTE Confidence: 0.8492173

00:40:37.330 --> 00:40:40.088 If anyone has you know any questions

NOTE Confidence: 0.8492173

00:40:40.088 --> 00:40:43.239 or just wants to talk kids and autism,

NOTE Confidence: 0.8492173

00:40:43.240 --> 00:40:46.384 feel free to send me an email again,

NOTE Confidence: 0.8492173

00:40:46.390 --> 00:40:48.360 I'd love. I'm still learning.

NOTE Confidence: 0.8492173

00:40:48.360 --> 00:40:50.515 I picked this topic because

NOTE Confidence: 0.8492173

00:40:50.515 --> 00:40:52.670 I wanted to learn more.

NOTE Confidence: 0.8492173

00:40:52.670 --> 00:40:55.200 So I'm open to other ideas. That's how

NOTE Confidence: 0.86942273

00:40:55.200 --> 00:40:56.492 we all become experts.

NOTE Confidence: 0.86942273

00:40:56.492 --> 00:40:58.670 Pick up something and learn about it.

NOTE Confidence: 0.86942273

00:40:58.670 --> 00:41:00.766 Great thank you so much. Alright?

NOTE Confidence: 0.86942273

00:41:00.766 --> 00:41:04.378 Take care, everybody have a great week.