Preface

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We are grateful to the publishers of the *Sleep Medicine Clinics* for the opportunity to assemble in one place articles that outline the breadth of contemporary knowledge about sleep and sleep disorders in children and adolescents. Major advances in children's sleep research and pediatric sleep disorders medicine have occurred in recent years, and the timing is perfect to bring together the perspectives of a distinguished group of clinicians and scientists. With the growth of pediatric sleep medicine into an established subspecialty of pediatrics, such repositories of knowledge as this serve an important role in passing along established practice to new generations.

As the twenty-first century continues to unfold, the need for understanding sleep's role as a foundation for growth and development across many domains gains urgency. Modern times come with a disdain for sleep in many cultures, and because this disdain infects child-rearing practices, child outcomes need to be examined. Contemporary

increases in the prevalence of a number of pediatric conditions, including attention and learning disorders, childhood obesity, and depressed mood, have been ascribed at times to insufficient or disturbed sleep. *Quo vadis?* Does sleep really carry a significant role in these conditions?

Various articles in this book contribute to what we believe is an essential emphasis on culture, family, and the individual child along with behavior, biology, and medicine to find appropriate approaches to sleep and its disorders in the young. We are grateful to the authors whose generosity and timeliness has permitted early publication of this volume. We hope this work will be a mainstay of the pediatric sleep literature for many years.

We conclude by thanking our mentors—Tom Anders, Alexander A. Borbély, Bill Dement, and Remo H. Largo—whose contributions to sleep and developmental science are legendary, our students, whose work will soon leapfrog today's knowledge, and our colleagues, friends, and families.