

## Letter of Medical Necessity for Psychoeducational Sleep Resources

Date

To whom it may concern,

This letter is in regards to my patient \_\_\_\_\_, to receive psychoeducational resources for sleep, to be provided by Christine Lawler, MS, Licensed Marriage and Family Therapist, Certified Pediatric Sleep Consultant and founder of The Peaceful Sleeper, or sleep consultation services provided by a Peaceful Sleeper Certified Sleep Consultant.

Sleep is essential for the physical and mental functioning of parents and their dependents. Sleep plays a key role in emotional regulation and gives humans the ability to think clearly, be vigilant and alert, as well as sustain attention. (Worley, 2018). "Inadequate sleep also can take a toll on psychological well-being, significantly affecting our emotional and psychosocial interpretation of events and exacerbating our stress levels." (Worley, 2018)

There is also a strong association between infant sleep problems and maternal depressive symptoms, even when known depression risk factors are taken into account. (Hiscock & Wake, 2001). When we teach parents how to modify problematic sleep behavior, it is associated with a significant improvement in maternal mood (Armstrong, Haeringen, Dadds, & Cash, 1998).

Additionally, baby and children's well-being improves when they're getting good restorative sleep and when their mothers are doing well. A review of 69 infant and child sleep studies, including 148,524 participants from 23 countries, found that "shorter sleep duration was associated with higher adiposity, poorer emotional regulation, impaired growth, more screen time, and higher risk of injuries." (Tremblay et al., 2017).

I believe that my patient's physical, mental and emotional health will benefit from obtaining improved sleep.

Sincerely,

## References

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Tremblay, M.S., Chaput, JP., Adamo, K.B. *et al.* Canadian 24-Hour Movement Guidelines for the Early Years (0–4 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep. *BMC Public Health* 17, 874 (2017). <https://doi.org/10.1186/s12889-017-4859-6>

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