Have you ever kept a sleep diary?

Download the “Teen Sleep Diary” for your patients from the National Sleep Foundation. But have a go at it yourself too. Most readers of Paediatric Pearls will probably consume an alarming amount of caffeine in a week, be on a computer within the hour before going to bed and never be able to make up their sleep debt. Maybe we should take a bit of our own medicine...

Measles outbreak:
Between Jan and Oct 2018 there were 913 confirmed cases of measles in England, 3x the number of cases in England in 2017. 30% required admission to hospital. 37 deaths across Europe. PHE estimates that since the introduction of the measles vaccination in 1968, 20 million measles cases and 4,500 deaths have been avoided (UK).

More on MEASLES next month....

Patient: "Why is haemophilia type B called "Christmas Disease"?

After Stephen Christmas who was the first known patient with it. Researchers in Oxford looked at his blood when he was 5 and found, not the expected deficiency of clotting factor VIII (haemophilia A), but lack of factor IX. They named the disease after their patient. Stephen Christmas contracted AIDS as a result of all his transfusions and died in 1993 aged 46. In 2017, the NEJM reported on successful gene therapy for Haemophilia B.