



THE SOLINGER METHOD

by Root Health L.L.C.

Pediatric Insomnia.

FUNCTIONAL WELLNESS SUPPORT PLAN

PediatricInsomnia Root Health L.L.C, The Solinger Method

Dr. Sarah Solinger, PhD, ND, MSc, FCN

Naturopathic Doctor, Functional Clinical Nutritionist, Master Herbalist

What Is Pediatric Insomnia

Pediatric insomnia refers to difficulty falling asleep, staying asleep, or achieving restorative sleep in children. Unlike adults, insomnia in children is rarely psychological in origin. It is most often the result of physiologic dysregulation involving the nervous system, circadian rhythm, cortisol signaling, mineral balance, gut brain communication, or sensory processing.

Sleep is foundational for childhood development. During sleep, the brain consolidates learning, regulates emotions, supports hormone production, strengthens immune resilience, and restores the nervous system. When sleep is disrupted, symptoms often appear across multiple systems, including mood, behavior, digestion, immunity, and focus.

From a naturopathic perspective, insomnia is a signal, not a diagnosis. The goal is to identify what is keeping the child's system activated at night and gently restore balance so the body can return to natural sleep rhythms.

Common Root Causes

- nervous system overstimulation, often seen in sensitive, anxious, or neurodivergent children
 - magnesium and mineral deficiencies affecting neurotransmitter balance
 - elevated evening cortisol or disrupted circadian rhythm
 - blood sugar instability overnight
 - gut brain axis dysfunction including constipation or dysbiosis
 - excessive screen exposure suppressing melatonin
 - emotional stress, transitions, or nighttime fears
 - inadequate daytime movement or outdoor light exposure
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Common Signs and Symptoms

- difficulty falling asleep or needing prolonged parental presence
- frequent nighttime waking
- restless or shallow sleep
- nighttime anxiety or fear
- early morning waking
- morning fatigue or irritability
- hyperactivity or emotional volatility during the day
- headaches or abdominal discomfort
- increased susceptibility to illness
- bedwetting in otherwise toilet trained children



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Foundational Support Strategies

- consistent bedtime and wake time, even on weekends
 - screen free time for at least one hour before bed
 - dim lighting in the evening to support melatonin production
 - a calm, predictable bedtime routine
 - cool, dark, quiet sleep environment
 - daily outdoor activity and movement
 - balanced meals with adequate protein
 - a protein containing bedtime snack if blood sugar instability is suspected
 - gentle evening activities that cue the nervous system to wind down
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Pediatric Supplement Blends for Insomnia

Magnesium Glycinate

Supports nervous system relaxation, reduces muscle tension, and improves sleep onset and depth.

- ages two to five, eighty to one hundred twenty milligrams before bed
- ages six to twelve, one hundred twenty to two hundred milligrams before bed
- ages thirteen to seventeen, two hundred to four hundred milligrams before bed

Lemon Balm, glycerite

Calms the nervous system and supports GABA activity without sedation.

- ages two to five, one milliliter before bed
- ages six to twelve, one to two milliliters before bed
- ages thirteen to seventeen, two to three milliliters before bed

Chamomile, glycerite

Helpful for younger children with restlessness or nighttime fears.

- ages two to five, one milliliter before bed
- ages six to twelve, one to two milliliters before bed
- ages thirteen to seventeen, two to three milliliters before bed

L Theanine

Reduces racing thoughts and sensory overstimulation, especially helpful in school aged children.

- ages six to twelve, fifty to one hundred milligrams before bed
- ages thirteen to seventeen, one hundred to two hundred milligrams before bed

GABA

Supports parasympathetic nervous system activation, best for teens or clinically indicated cases.

- ages thirteen to seventeen, one hundred to two hundred milligrams before bed

Omega Three Fatty Acids

Support nervous system regulation and reduce inflammatory signaling.

- ages two to five, three hundred to five hundred milligrams daily
- ages six to twelve, five hundred to eight hundred milligrams daily
- ages thirteen to seventeen, eight hundred to twelve hundred milligrams daily

Vitamin D

Low levels are associated with sleep disruption and mood dysregulation.

- ages two to five, one thousand IU daily
- ages six to twelve, one thousand to two thousand IU daily
- ages thirteen to seventeen, two thousand IU daily

Probiotics

Support the gut brain axis and neurotransmitter balance.

- toddlers, ten to fifteen billion CFU daily
- ages six to twelve, fifteen to twenty five billion CFU daily
- teens, twenty five to fifty billion CFU daily



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Accessing the Full Supplement Protocol

A complete supplement protocol for pediatric insomnia is available in Fullscript using clinical, pharmaceutical grade formulations. Parents may create a free account and access the full list of supplements and dosing under the “Protocols” section by locating the corresponding condition name.

When Further Evaluation Is Recommended

Further evaluation should be considered when:

- insomnia persists longer than four weeks
- it interferes with daytime functioning
- it occurs alongside anxiety, hyperactivity, headaches, eczema, constipation, or frequent illness

Recommended evaluation may include:

- ferritin
- vitamin D
- magnesium RBC
- cortisol rhythm assessment
- stool testing to assess gut brain axis involvement



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