



# Steeplechase

## NEWSLETTER



The Official Newsletter of The Steeplechase Community Improvement Association, Inc. and Steeplechase

## Cy-Ridge Kiddie Clinic

(Ages 4 - 11)

Cy-Ridge High School, March 23, 2013

8:00 a.m. - 12:00 p.m.

Registration and Payment Due by March 7th, 2013

\$25.00 Clinic Fee includes T-Shirt & Snack

(After March 7, 2013 add \$10.00 Late Fee)

Contact us if you have any questions.

Dazzler Dance Director: Ms. Jill Cates 281-807-8023

Jillian.Cates@cfisd.net

## Save the Date

– Friday, April 12 –

### Emmott Spring Carnival and Silent Auction

*Come One, Come All...*

For an exciting evening of carnival games, yummy food (nachos & sausage on a stick), rides and activities! There will also be some great Silent Auction items up for bid and a fabulous Cake Walk! Tickets and ride bracelets can be pre-ordered at the Emmott front desk after April 1. Walk or ride your bike over for a good time! (Parking is always at a premium!)

Would you or your business like to make a donation to the Silent Auction or to sponsor a ride? All donations are tax deductible. Please contact Boni David at 281-728-9600 with any questions or donations. Thank you!

## SAFETY CORNER

### TIP OF THE MONTH:

#### DOMESTIC VIOLENCE

The most serious obstacle to personal safety is an attitude of complacency or fatalism. "It can't happen to me" and "if it's going to happen, it's going to happen" is dangerous thinking.

A criminal attack against you or your family can take place at any post, as can a fire or other disaster. However, you can influence what happens to you by assuming more responsibility for your own security. Residential security is a critical component of any personal security program. The following guidelines should be used in reviewing your residential security.

All entrances, including doors and gates, should have quality locks--preferably deadbolt. Check your:

Front Door/Back door

Garage Door(s)

Patio Door/Sliding Glass Door

Gate/Swimming Pool Gate

- Don't leave keys "hidden" outside the home. Leave an extra key with a trusted neighbor or colleague.
- Keep doors locked even when you or family members are at home.
- Have window locks installed on all windows. Use them.
- Lock louvered windows--especially on the ground floor.
- Have locks installed on your fuse boxes and external power sources.
- If you have burglar or intrusion alarms, check and use them.
- Keep at least one fire extinguisher on each floor, and be sure to keep one in the kitchen. Show family members and household help how to use them.
- Periodically check smoke detectors and replace batteries when necessary.
- Keep flashlights in several areas in the house. Check the batteries often, especially if you have children in your home.
- A family dog can be a deterrent to criminals. But remember, even

*(Continued on Page 3)*

# STEEPLECHASE

## IMPORTANT Telephone Numbers



Emergency.....	911
Sheriff's Dept.....	713-221-6000
Cy-Fair Fire Dept .....	911
Cy-Fair Hospital.....	281-890-4285
Animal Control .....	281-999-3191
Center Point (Street lights) .....	713-207-2222
<a href="http://cnp.centerpointenergy.com/outage">http://cnp.centerpointenergy.com/outage</a>	
Neighborhood Crime Watch .....	SteeplechaseSecurity@gmail.com
Library.....	281-890-2665
Post Office.....	713-937-6827
Steeplechase Community Center.....	281-586-1700
Deed Restriction Issues (CMC) .....	281-586-1700
Water/Sewer .....	713-405-1750
Architectural Control (CMC).....	281-586-1700
Trash Pick-up (Best Trash, LLC) (Wed. & Sat.) .....	281-313-BEST
Harris Co. Pct. 4 Road Maintenance .....	281-353-8424
Harris Co. MUD #168.....	hcmud168board@gmail.com
Community Events.....	281-586-1700
Clubhouse Rentals: Private Parties and Community Events (Jinnie Kelley).....	832-922-8030
Traffic Initiative .....	281-290-2100
Private Pool Parties .....	713-416-5161

### NEWSLETTER PUBLISHER

Peel, Inc. (Advertising).....kelly@PEELinc.com, 888-687-6444  
Articles..... newsletter@steeplechasetx.com

## Community Center Contacts

### Community Maintenance Concerns

Chaparral Management Company ..... 281-586-1700

### Clubhouse Rentals

Private Parties and Community Events

(Jinnie Kelley)..... 832-922-8030

### Pool Company Contact

Texas Aquatic Enterprises, Inc. .... 713-416-5161

.....www.texasaquaticenterprises.com

### Board Member Contact

Chaparral Management Company ..... 281-586-1700

## Schools

Emmott Elementary..... 281-897-4500

Campbell Middle School..... 281-897-4300

Cy-Ridge High School..... 281-807-8000

## Want to Help Steeplechase Go Green?

Contact the Management Company

cmc@chaparralmanagement.com

or by phone 281-586-1700

## Come pamper yourself and support Cy-Ridge with Mary Kay.

Free facials, raffles and door prizes. 20% of all proceeds go to Cy-Ridge after prom. March 6th at 7:30 PM at the steeplechase clubhouse. Please RSVP to Amber Torres: (832)814-3270 amber.torres@marykay.com. If you are unable to attend but would like to make a purchase to help Cy-Ridge R.A.P. please contact Amber Torres.



### Trimming to Take-Downs

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## Safety Tip -(Continued from Cover Page)

- the best watch-dog can be controlled by food or poison.
- Know your neighbors. Develop a rapport with them and offer to keep an eye on each other's homes, especially during trips.
- If you observe any unusual activity, report it immediately to HCSO.
- Establish safe family living patterns. If you understand the importance of your contribution to the family's overall security, the entire household will be safer.
- While at home, you and your family should rehearse safety drills and be aware of procedures to escape danger and get help.
- Educate family members in the proper way to answer the telephone at home.
- Vary daily routines; avoid predictable patterns.
- Know where all family members are at all times.

There's lots of tips on our Steeplechase Safety & Security Facebook page – don't be shy, go ahead and start following-us and be a part of our Steeplechase Safe Community!

BE SAFE and BE SMART!

Lynn Cirillo

Steeplechase Security Coordinator

For more safety tips, LIKE us on Facebook: Steeplechase Safety & Security  
<http://www.facebook.com/#!/pages/Steeplechase-Safety-Security/181933781906989>

## Support During Tough Times

### DEPRESSION and BIPOLAR SUPPORT ALLIANCE

DBSA GREATER HOUSTON

713-600-1131 [www.dbsahouston.org](http://www.dbsahouston.org)

DBSA Greater Houston is a non-profit organization that sponsors both free and confidential support groups for those who have been diagnosed or have symptoms of a mood disorder. Families and friends of those with mood disorders are also invited to attend any one of our over 50 support groups across the Houston metropolitan area. Moreover, DBSA Greater Houston provides personal support and direct services to its members, educates the public about the nature and management of these treatable disorders and promotes related research.

### CRISIS INTERVENTION OF HOUSTON

713-HOTLINE 713-529-TEEN <http://crisishotline.org/>

Crisis Intervention of Houston's goal is to serve persons in crisis and overcome the barriers to help due to fear, isolation, abuse, physical disability, health, language, age, income, location, problem type or timing of the crisis. Crisis Intervention of Houston meets our mission to serve people in crisis by providing 24-hour telephone and web-based counseling, suicide prevention and intervention education, links to community resources, and community education.

## SECURITY FOR OUR STEEPLECHASE COMMUNITY!

According to the Harris County Sheriff's Office Crime Reports in the past 6 months, Breaking and Entering crimes total around 35 % of the total number of crimes in our area. **That works out to be around 178 cases in only 6 months in the 77065 zip code!** It's time to lower that number and percent **NOW!** (Percentages vary in exact zip code areas but this is a good close estimate to what the criminals are doing around us)

The most affordable way to try and protect your family, animals and everything you have, including some of the things in life that are irreplaceable, is to use your security system properly. Many people have an alarm system that is no longer being monitored due to the high cost of services or just can't afford one. **Reuse use your existing current alarm system, if it's operable, or we can provide you one at an affordable price.**

FITT Security has several unique packages that are tailored for your needs, whether a simple basic plan for arming and disarming your house with a keychain device, Smart phone, or even installing security cameras that can be viewed from anywhere in the world! We also can accommodate houses that do not have a phone line or want added safety in their house.

### This month's special for Steeplechase Residents

**Conversion and setup using your existing equipment, including a lifetime parts warranty, as long as we are monitoring your system, is only \$ 199 setup and \$ 19.99 per month, plus tax....**

**NO CONTRACT!!**

**Call today and be FITT secured!! 281-501-6900**

**Rick Westfall—Steeplechase Resident**



# STEEPLECHASE

## ONLINE SERVICE OPTION FOR CITIZENS REPORTING CRIMES

The Sheriff's Office has implemented an on-line service called "CopLogic" for Harris County citizens to report crimes. THIS IS FOR REPORTING LOST PROPERTY, THEFT OR VANDALISM ONLY AND WHEN THE COMPLAINT NO SUSPECT INFORMATION. This service is provided as an option to the citizen in lieu of waiting for a unit to respond to their location and response can sometimes take several weeks.

Examples of incidents that can be reported via CopLogic:

1. **LOST PROPERTY:** When property is missing or lost, i.e. leaving items in a restaurant or missing from home.
2. **THEFT:** Property is taken without the owner's permission.
3. **VANDALISM:** The act of changing, modifying or defacing public or private property, i.e. graffiti, knocking over a mailbox, throwing a rock through a window, etc.

To access this service, please visit the Sheriff's Office web site: [www.hcso.hctx.net](http://www.hcso.hctx.net)

Click on "Report Crime" link at top of screen

Click on "Report an Incident"

Follow instructions on the screen for filing an offense report

CopLogic is an alternative method for the citizen to report the crime quickly, get a case number and print a copy of the report. It does not replace entering a call for service for a unit to respond if the citizen prefers to see a unit or does not have access to the Internet.

# SHALOM



Hi Jewish Community.  
Let's get connected!  
To share Shabbat dinners...  
Chanukah parties... (Not too late to  
RSVP!)

Passover Seders...  
or simply get together!  
Interested? E-mail us at  
[info@shalomcypress.org](mailto:info@shalomcypress.org).  
Or visit our website at  
[www.shalomcypress.org](http://www.shalomcypress.org)

## STREETLIGHT OUT? REPORT IT!

CenterPoint Energy maintains streetlights throughout our electric service territory in and around Houston. In order to report an outage, you will be asked to provide:

- a pole number for the non-functioning light(s) you want to report
- contact information (in case more information is needed to locate a streetlight)
- an e-mail address (if you want feedback regarding your repair request)
- the number of streetlights you would like to report

To report if you know the streetlight number, visit:

<http://cnp.centerpointenergy.com/outage>

To report using Centerpoint's map system, visit:

<http://gis.centerpointenergy.com/sloreporting/>

The process is easy, simple and will take no more than five minutes.

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## **FALSE ALARM FEES ARE CHANGING** *IN HARRIS COUNTY'S UNINCORPORATED AREAS*



The Harris County Sheriff's Office dispatches deputies to investigate residential and commercial alarms about 100,000 times a year. About 99 percent are found to be "false alarms," squandering crime-fighting resources in the unincorporated areas where 1.5 million people live. Until now, a false alarm fee was assessed every time a property generated more than five false alarms per calendar year. But now the fee, \$75, will be assessed every time a property generates more than three false alarms in a calendar year.

Harris County Commissioners Court approved the change today along with other updates to regulations enforced by the Sheriff's Office on burglar alarms, panic alarms, and other types of alarms. Permit requirements will now apply to fire alarms as well.

"The changes are designed to reduce the number of false alarms and to encourage property owners to obtain permits for their

alarm systems," Sheriff Adrian Garcia said. The initial fee for an alarm permit is \$35. Annual renewals are \$10 each. (In many cases, companies that provide alarm monitoring services obtain permits on behalf of their customers). There is no fee for permit holders 65 years of age or older. The fee for reinstatement of a suspended or expired permit is \$50.

All fee payments go into the county government's general operating fund. Owners of alarm systems that have no permit may be issued a misdemeanor citation that could result in fines up to \$500 in justice of the peace court. In 2011, the most recent year for which statistics are available, the Sheriff's Office issued about 1,300 citations for unregistered alarms. The permit form can be found at the Harris County Website at: [www.hcso.hctx.net](http://www.hcso.hctx.net) and click on the Alarm Permit Tab.

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832-842-5700 UH.EDU/NORTHWEST NORTHWEST@UH.EDU  
FACEBOOK.COM/UHNORTHWEST @UHNORTHWEST

# STEEPLECHASE

## *If You...SEE Something SAY Something: iWatch Harris County*

The Harris County Sheriff's Office is committed to serving the citizens of Harris County through a cooperative working relationship between the police and the people we serve. The success of solving crime lies in the actions of the citizens who have knowledge of, or view these criminal acts.

With your help, we can all strive to make Harris County, Texas a safer place to live and play. iWatchHarrisCounty.com is a community awareness program that educates the community about suspicious activities & criminal behaviors. iWatchHarrisCounty focuses on criminal behavior and criminal enterprises that could also indicate a nexus to terrorist activities. Citizens are provided a convenient reporting method to provide tips and leads to police concerning crime that is affecting their community.

iWatchHarrisCounty allows our citizens to harness the communication capabilities of the internet/social networking sites to report crime tips and leads. This site is a new and innovative tool to increase our community wide effort to reduce crime.

This app is available for iPhone, Blackberry and Android mobile phones. Visit <http://iwatchharriscounty.com/> for more information and to download the app.

What is iWatchHarrisCounty?

iWatchHarrisCounty is a mobile crime watch tool that you and your

neighbors can use to report suspicious or criminal activity. It's a proactive, hands-on, partnership between you, the citizens of Harris County, and the Harris County Sheriff's Office (HCSO).

Why should I report these behaviors and activities?

You are the eyes and ears of your community. Your awareness of suspicious behaviors and activities and reporting it to the police can help solve crimes or prevent crimes.

What should I report?

Give as many details as possible, for example:

- Time of day
- Where it happened
- What you witnessed
- A description of individual(s) involved
- Was there a vehicle?
- Color and license plate number?
- Have you seen this activity before?

There are four ways to report:

- Report online at iWatchHarrisCounty.com
- Text a tip to 1-855-HCSO-iWatch (1-855-427-6492)
- Use the downloadable app found on iWatchHarrisCounty.com
- Call 1-855-HCSO-iWatch (1-855-427-6492)

If you have an emergency and need the police immediately do not use iWatchHarrisCounty, call 911.



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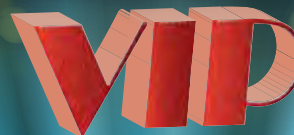
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residents



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## April 20th Track Club Registration for Middle and High School Athletes

The Northwest Flyers Track Club will host an orientation/registration session for all middle and high school athletes and their parents interested in joining for the 2013 season. The event will be held on Friday, April 12, from 7:00 to 8:30 PM at Cypress Creek High School, 9815 Grant Rd., Houston.

The Northwest Flyers is a youth (ages 6-18) track organization, affiliated with USA Track & Field. The club provides a full program of track events such as sprints, hurdles, middle distance, distance and relays, and field events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. It is an excellent off-season program for young athletes who currently compete on their middle school or high school track teams.

The club was founded 26 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the northwest Houston area. Last year, the Northwest Flyers sent 106 young athletes to compete at U.S. Junior Olympics National Championships in Baltimore, Maryland and Albuquerque, New Mexico.

Visit the team website at <http://www.northwestflyers.org> for registration forms and information prior to the session, or contact Linette Roach at (281) 587-8442, or [linette.roach@sbcglobal.net](mailto:linette.roach@sbcglobal.net).

## SUDOKU

View answers online at [www.peelinc.com](http://www.peelinc.com)

6	1	8		2	9	3		
			5				9	
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	6							
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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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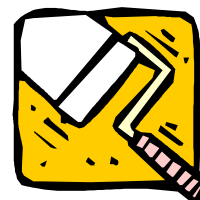
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## LONE STAR PERSPECTIVE



In an effort to provide you with important information about Lone Star College-CyFair "Perspective" was developed. This column provides the latest information about news and events. Here is a sampling of what's going on:

### **Women's Month features a March 26 Presentation with Mayor Annise Parker**

Join Lone Star College-CyFair for the 2013 Women's Month celebration throughout March, concluding with special guest Houston Mayor Annise Parker and her March 26 "From Dreams to Reality" presentation. In addition, plans call for author Dr. John Matteson to do a presentation on his book "The Lives of Margaret Fuller" as well as an information fair featuring area women's organizations and a career preparation day with a makeup artist to be held. Sponsoring the this annual celebration, themed "Women in Power," are Windows on the World and Student Life. For detailed information, go online to [LoneStar.edu/womensmonth-cyfair](http://LoneStar.edu/womensmonth-cyfair).

### **Look What's in the Gallery and on the Stage!**

Come see the Cone 6: Sustainable Ceramic Practices at Lone Star College-CyFair Exhibition on display March 19 through April 4. A reception will be held at 4:30 p.m. March 19. For gallery information, go to [LoneStar.edu/bosquegallery](http://LoneStar.edu/bosquegallery). Then come back for musical entertainment with "ChamberNChocolate" March 21 as well as "AndAllThatJazz" April 10. For information, go to [LoneStar.edu/boxoffice](http://LoneStar.edu/boxoffice).

### **March 25 Information Session for Students with Disabilities**

Lone Star College-CyFair offers students with disabilities the opportunity to gain a Customer Service Certificate through the

College of Careers and Development for Exceptional Learners (CCDEL.) Courses are tailored to provide successful life application skills that can be utilized for employment. To learn about other admission requirements, the application process and Fall 2013 program deadlines and certificate options, attend the March 25 or April 29 information session from 6 p.m. – 7 p.m. in the Center for Student and Academic Affairs building, CASA 121. For more information, call the Continuing Education Office at 281.290.3460, or e-mail Noemi Silva at [noemi.v.silva@lonestar.edu](mailto:noemi.v.silva@lonestar.edu).

### **L.I.F.E. Lessons for March**

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) Programs in March are "Going Mental" (how storytelling helps memory) March 20 and "Spring and Summer Herbs" March 27. Call the library at 281.290.3214 for L.I.F.E. program information.

### **Parking Permits Available for LSC Visitors, Guests and Library Patrons**

Visitors, guests and library patrons may park without a permit in designated visitor parking areas. However, a daily or yearly permit is now available allowing for extended parking privileges at Lone Star College System campuses. Vehicles must be registered with LSCS to get a valid parking permit, to park in LSCS lots and to avoid receiving a citation. To register, you will need your vehicle's license plate number, make, model and color. Go to [LoneStar.edu/Parking](http://LoneStar.edu/Parking) for complete information on parking permits, call 281.765.7836 or email [parking@lonestar.edu](mailto:parking@lonestar.edu).

## CY-CREEK



**MARCH 21, 2013**

4:00 – 8:00 pm  
Cypress Creek High School  
Commons Area  
9815 Grant Road  
Houston, TX 77070



**EXHIBITORS RECEIVE:**

- One 10x10 exhibit booth space
- Table, 2 chairs
- Booth number sign

**BOOK YOUR SPACE TODAY!**

Register Online:

[http://schools.cfsd.net/cycreek/academy\\_BF.html](http://schools.cfsd.net/cycreek/academy_BF.html)

\$20 fee for 10x10 booth space & table

\$20 additional fee for electricity (limited availability)

**EMAIL:**

Carol.Gibson@cfsd.net ★ Vallorie.Mason@cfsd.net  
Julie.Larson@cfsd.net

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A department of Cypress Fairbanks Medical Center Hospital



**Schedule now 281.897.3121 • CyFairWomensImaging.com**

## *A Focus on Healthy Snack Ideas*

*By: Concentra Urgent Care*

March is National Nutrition Month. Celebrate by trying out some of these healthy snack ideas:

- Whole grain bagel with melted low fat or non-fat cheese
- Baked tortilla chips and salsa
- Cereal (preferably whole-grain) and low-fat or fat free milk
- Homemade trail mix of wheat or bran Chex or cheerios, pretzels, raisins, and nuts
- Whole wheat toast with butter or margarine and jam
- Baby carrots, broccoli, cauliflower, or celery and yogurt-based dip
- Fruit, including fresh, frozen, canned, or ready-to-eat fruit, such as apples peeled and sliced, oranges cut into sections, cantaloupe and pineapple in bite-sized cubes, or fruit salad
- Fruit shake or smoothie made with frozen fruit and a cup of fat free or low-fat milk or yogurt
- Vegetable soup
- Bean burritos or burrito bites containing canned, fat-free refried beans, low-fat cheese, and salsa on a tortilla – roll up and cut into bite-sized pieces
- Tortilla roll-ups: spread chicken breast strips, salsa, and lettuce on a tortilla. Roll up and cut into bite-sized pieces. Or, leave out the tortilla and roll up the chicken and salsa in the lettuce
- Yogurt, alone, or as a dip or topping for fresh fruit
- Layer fruit, yogurt and grape-nuts in a glass for a parfait
- Nuts
- Peanut butter on graham crackers
- Peanut butter on sliced apple or celery
- Milkshake made with nonfat or low-fat frozen yogurt
- Sugar-free pudding or Jello cup
- Oatmeal raisin or peanut butter cookies and fat free or low-fat milk
- Zucchini or pumpkin bread
- Low fat Cottage cheese and fruit
- Turkey sandwich on wheat bread
- Granola or cereal bar



For more information about healthy snacks and diets, contact your health care provider, your Concentra health specialist, or visit the Department of Health and Human Services at: <http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm>

*Happy St. Patrick's Day*

# - Kids Stuff -

Section for Kids with news, puzzles, games and more!



Eleven-year-old Cait was trying to fall asleep when her 8-year-old brother, Doug, came into her room. He looked around a bit, but seemed really out of it. Then Doug went back into the hallway and stood there staring up at the hall light. Little brothers can be weird, but this was really strange. Cait didn't know what to do. Just then, Cait's father appeared and explained that Doug was sleepwalking.

## WHAT IS SLEEPWALKING?

Not all sleep is the same every night. We experience some deep, quiet sleep and some active sleep, which is when dreams happen. You might think sleepwalking would happen during active sleep, but a person isn't physically active during active sleep. Sleepwalking usually happens in the first few hours of sleep in the stage called slow-wave or deep sleep. Not all sleepwalkers actually walk. Some simply sit up or stand in bed or act like they're awake (but dazed) when, in fact, they're asleep! Most, however, do get up and move around for a few seconds or for as long as half an hour.

Sleepwalkers' eyes are open, but they don't see the same way they do when they're awake and often think they're in different rooms of the house or different places altogether. Sleepwalkers tend to go back to bed on their own and they won't remember it in the morning. Researchers estimate that up to 15% of kids sleepwalk regularly. Sleepwalking may run in families and sometimes occurs when a person is sick, has a fever, is not getting enough sleep, or is stressed.

## IS SLEEPWALKING A SERIOUS PROBLEM?

If sleepwalking occurs frequently, every night or so, it's a good idea for your mom or dad to take you to see your doctor. But occasional sleepwalking generally isn't something to worry about, although it may look funny or even scary for the people who see a sleepwalker in action. Although occasional sleepwalking isn't a big deal, it's important, of course, that the person is kept safe. Precautions should be taken so the person is less likely to fall down, run into something, or walk out the front door while sleepwalking.

## WHAT WILL THE DOCTOR DO?

There's no cure for sleepwalking, but the doctor can talk to you about what's happening and try to find ways to help you sleep more soundly. Most kids just grow out of sleepwalking.

For kids who sleepwalk often, doctors may recommend a treatment called scheduled awakening. This disrupts the sleep cycle enough to help stop sleepwalking. In rare cases, a doctor may prescribe medication to help someone sleep.

## HERE ARE SOME TIPS TO HELP PREVENT SLEEPWALKING:

- Relax at bedtime by listening to soft music or relaxation tapes.
- Have a regular sleep schedule and stick to it.
- Keep noise and lights to a minimum while you're trying to sleep.
- Avoid drinking a lot in the evening and be sure to go to the bathroom before going to bed. (A full bladder can contribute to sleepwalking.)

## HOW DO I TAKE CARE OF A SLEEPWALKER?

One thing you can do to help is to clear rooms and hallways of furniture or obstacles a sleepwalker might encounter during the night. If there are stairs or dangerous areas, a grown-up should close doors and windows or install safety gates.

You also might have heard that sleepwalkers can get confused and scared if you startle them into being awake. That's true, so what do you do if you see someone sleepwalking? You should call for a grown-up who can gently steer the person back to bed. And once the sleepwalker is tucked back in bed, it's time for you to get some shut-eye, too!

**Reviewed by: Larissa Hirsch, MD**

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**Originally reviewed by: Michael H. Goodman, MD**

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation



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