The importance of getting a good night’s sleep is something we have heard from our parents from the time we were young. It is also something that we subsequently tell our own children as well as our patients as clinicians. In this issue of *Pediatric Annals*, guest editor Dr. Tracy Carbone and her team of authors discuss the consequences of not getting an optimal night’s sleep as it relates to common sleep disorders in children and adolescents. These important, clinically relevant topics include insomnia, parasomnias, and pediatric obstructive sleep apnea (OSA) in high-risk patient populations. The articles also describe the association of OSA with asthma and the etiologies and consequences of adolescent sleepiness.

The role of child health care providers in screening for quality and duration of sleep as well as for some of the more common symptoms of sleep-disordered breathing has become more important as we have learned more about the consequences of inadequate sleep.1

**SMOKE EXPOSURE**

In the “Healthy Baby, Healthy Child” column, Dr. Sabrina Fernandez provides an excellent discussion about the effects of secondhand and thirdhand tobacco smoke in the pediatric population, how to screen, and how to manage with nicotine replacement therapy. After reading the column, I think I finally understand the concept of thirdhand smoke, which is not something I ever considered or understood.

**REFERENCE**