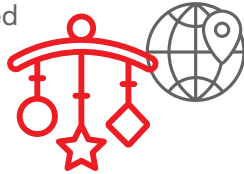


Study Fact Sheet

Sleep in Young Children Around the World

STUDY BACKGROUND & METHODOLOGY:

Up until now, there has been limited research on **sleep in young children** comparing across multiple countries and regions around the world

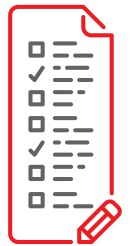


This cross-cultural research looked at sleep habits of children in **21 countries/territories** around the world.

The study included 33,717 parents of children (aged from birth to 3 years) in predominantly Caucasian³, predominantly Asian⁴, South American⁵, and Middle Eastern countries⁶.



The information was collected via the expanded **Brief Infant Sleep Questionnaire** which assesses daytime/nighttime sleep patterns, maternal perceptions, and sleep-related behaviors.



RESULTS:

Overall, there are significant differences in sleep patterns in young children throughout the world.

In many regions, especially in Asia, the Middle East, and Brazil, young children have **very late bedtimes** with significantly less nighttime and total sleep. The perception of sleep problems is also high.



Midwives should consider including **healthy sleep education** and integrate culturally bound teachings in their practices.



WHY IS THIS IMPORTANT FOR PARENTS AND HEALTHCARE PROVIDERS?



This provides preliminary information on differing **sleep customs and sleep patterns across various cultures and regions**, which can affect infants and their parents.

Further research of this focus will offer **insights into cross-cultural practices** and how they impact the overall health and well-being of babies and their families.



Study Title: Mindell J, Lee C, Goh D, Sadeh A, Kwon R. Sleep in Young Children Around the World. 2017

¹ Mindell J, Lee C, Goh D, Sadeh A, Kwon R. Sleep in Young Children Around the World. 2017 ² Aged from birth to 3 years ³ Australia, Canada, UK, USA, New Zealand

⁴ China, Hong Kong, India, Indonesia, Korea, Japan, Malaysia, Philippines, Singapore, Taiwan, Thailand, Vietnam ⁵ Brazil ⁶ Egypt, Saudi Arabia, UAE