

NATIONAL SLEEP FOUNDATION STUDY: Short Sleep Linked with Obesity, Behavior Problems in Kids

A recent study finds that children's sleep times and durations vary depending on the time of day, week, or year and that kids who do not get adequate sleep are more likely to become overweight and to have behavioral problems.

The study was based on 591 children whose sleep was assessed at birth, one year, 3.5 years and seven years.

According to the results, mean time in bed was 10.1 hours, sleep duration was shortest on weekends and in summer, and children with a bedtime later than 9:00 pm had shorter sleep times compared to those with earlier bedtimes.

The results also showed that sleeping less than nine hours was associated with a higher likelihood of being overweight or obese, attention deficit hyperactivity disorder (ADHD) and higher scores of emotional liability.

These results suggest that sleep is closely linked with health and overall well-being in children.