



ECHO

Environmental influences
on Child Health Outcomes

A program supported by the NIH

Study Summary

The influence of sleep on children's well-being

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Who sponsored this study?

This research was supported by the Environmental influences on Child Health Outcomes (ECHO) program, Office of The Director, National Institutes of Health.

Why was this study needed?

Sleep quality is important to children's health and well-being. Until now, research has focused on how poor sleep may cause health problems. The current study explored if and how better sleep quality may lead to positive health in children.

Who was involved?

More than 1000 caregivers of 5- to 9-year-old children from 3 ECHO Program cohorts participated in this study. Participants were from different places in the United States, had different financial backgrounds and 10% were of Hispanic origin.

What happened during the study?

Between March and December 2017, caregivers completed surveys about their children's sleep quality, general health, stress, and life satisfaction.

What were the study results?

Results suggested better sleep quality was connected with lower levels of stress and better general health. This, in turn, predicted higher levels of life satisfaction. Findings remained stable for a subsample of children with the poorest sleep quality.

**Results reported here are for a single study. Other or future studies may provide new information or different results. You should not make changes to your health without first consulting your healthcare professional.*

Impact

Children who sleep well have happier lives than those who do not sleep as well. Given the varying nature of children's sleep quality, this study offers findings to inform future studies that want to test specific ways to improve children's well-being. Ways to improve sleep may include education programs for parents that teach parents how to prevent things that keep children from sleeping well (e.g., ways to

lower screen time in the hour before bed). Other ideas may include looking at how elementary school start times affect children's sleep quality.

What happens next?

This study provides early evidence on the ways better sleep can improve the lives of children. Future research with more diverse samples can make these findings apply to more people. Additionally, measures to try with younger children are available so that we can see how this affects children younger than 5.

Where can I learn more?

<https://pubmed.ncbi.nlm.nih.gov/32399666/>

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