PARENT-PERCEIVED SLEEP PROBLEMS AND SLEEP GOALS IN INFANTS AND TODDLERS: A GLOBAL SAMPLE

Mindell, J. A.1, 2 Goh, D.1 Collins, M.1 Bartle, A.4 Kohyama, J.5 Sekartini, R.6 Veeravigrom, M.7 Leichman, E. S.1
1Saint Joseph's University, Philadelphia, PA, 2Children's Hospital of Philadelphia, Philadelphia, PA, 3National University Hospital, Singapore, SINGAPORE, 4Sleep Well Clinics, Auckland, NEW ZEALAND, 5Tokyo Bay Urayasu/Ichikawa Medical Center, Urayasu, JAPAN, 6Medical School University of Indonesia, Jakarta, INDONESIA, 7Chulalongkorn University and King Chulalongkorn Memorial Hospital/ The Thai Red Cross Society, Bangkok, THAILAND.

Introduction: The aim of this study was to assess parent perceptions of sleep problems in young children and parent-identified areas of change in a global sample.

Methods: Caregivers (95.6% mothers) of 1555 infants/toddlers (birth-37 mos; M=12.2 mos; 49.5% male) completed an online survey, representing Indonesia (n=187), Japan (n=718), New Zealand (n=231), Singapore (n=199), and Thailand (n=221). The survey included an abbreviated version of the Brief Infant Sleep Questionnaire, and a list of potential sleep-related areas of change.

Results: 36.9% reported a perceived sleep problem, whereas 92.9% indicated an area of desired change related to their child's sleep. In terms of areas of change, 82.5% endorsed bedtime/how child falls asleep, 70.0% nighttime sleep, and 57.8% related to the morning. As expected, 99.7% of parents who endorsed a problem indicated a desired change compared to 88.9% who did not perceive a problem, p < .001. Those who noted a problem were more likely to endorse a change at bedtime (92.5%) and during the night (90.1%), compared to the morning (68.8%). There were country-based differences, with caregivers in New Zealand (47.0%) and Singapore (44.2%) more likely to report a child sleep problem compared to Thailand (35.3%), Japan (34.1%) and Indonesia (29.4%), p < .001. No differences were noted in parent-report of desired change across Japan, New Zealand, Singapore, and Thailand (94-96%) but were significantly higher than Indonesia (83.4%).

Conclusion: Although one-third of parents of young children in a global sample indicate a perceived sleep problem, almost all parents wish to change something about their child's sleep, primarily relate to bedtime and during the night. Sleep education and assessment delivered by health care providers should focus not only on what families consider to be “problematic,” but also what families would like to modify, or improve, about their child's sleep within a developmentally appropriate framework.

Support: Johnson & Johnson Consumer Inc., Skillman, NJ, USA.