

FINAL REPORT



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National Sleep Foundation

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Objectives

The National Sleep Foundation commissioned WB&A Market Research to conduct a national survey among parents/caregivers who have a child present in their household age 10 and younger living in the United States – the 2004 *Sleep in America* poll.

The primary objective of this poll is to describe children’s sleep habits, behavior, problems and disorders in association with their daily schedules, activities, and environment. This report outlines a Summary of Findings of the 2004 *Sleep in America* poll. The Summary of Findings covers the following topics:

- Children’s sleep behaviors;
- Children’s bedtime routines;
- Children’s sleep environment;
- Children’s daytime behaviors; and
- Parent’s/Caregiver’s sleep behaviors.

Additional information is provided in a separate document entitled Detailed Findings for the 2004 *Sleep in America* poll. The Detailed Findings covers the following topics in depth:

- Children’s sleep habits and problems;
- Children’s bedtime routines;
- Children’s sleep environment;
- Children’s daytime behaviors;
- Child care;
- School activities and behavior;
- Parent’s/Caregiver’s sleep behaviors;
- Parent’s/Caregiver’s daytime behaviors; and
- Driving drowsy.

NSF wishes to acknowledge the volunteer work of the members of its 2004 Poll Task Force. In appreciation of task force members:

**Jodi Mindell, PhD, Chair of Task force, St. Joseph’s University and Children’s Hospital of Philadelphia, Philadelphia, PA; *Mary Carskadon, PhD, Brown University, East Providence, RI; *Ronald Chervin, MD, University of Michigan, Ann Arbor, MI; *Lisa Meltzer, PhD, Children’s Hospital of Philadelphia, Philadelphia, PA.*

Methodology

In order to collect the information, telephone interviews were conducted between September 15 and October 17, 2003 among a random sample of 1,473 adults who have a child 10 years of age or younger in their household. The interview averaged 23 minutes in length. In order to qualify for this study, participants had to:

- Have a child living in their home aged 10 and younger; and
- Be the primary caregiver or share equally in the childcare.

A targeted random sample of telephone numbers was purchased from SDR (Sophisticated Data Research, Inc.) and quotas were established by region and age of child. These respondents were screened to verify they were a caregiver for a child 10 years of age or younger. Approximately 80% of the interviewing was conducted on weekdays between 5:00 p.m. and 9:00 p.m., Saturdays between 10:00 a.m. and 4:00 p.m., and Sundays between 4:00 p.m. and 8:00 p.m. by professional interviewers calling from WB&A's interviewing facility located near Annapolis, Maryland. The remaining 20% were conducted weekdays between 9:00 a.m. and 3:00 p.m. The cooperation rate for this study was 26%. The cooperation rate is the number of completed interviews divided by the number of completed interviews, plus the number of contacted households who refused participation or did not complete appointments.

In research, the entire population is typically not interviewed, rather a sample of that population is surveyed, and therefore the data are subject to sampling error. The maximum sampling error of the data for the total sample of 1,473 interviews is ± 2.6 percentage points at the 95% confidence level.* However, the sampling error will vary depending on the sample size and the percentages being examined in the sample. Sampling errors are shown below for various percentages and sample sizes.

	40% or 60%	30% or 70%	20% or 80%	10% or 90%	1% or 99%
If the percentage found is around:	<u>50%</u>				
Then, the sampling error, in percentage points would be:					
Total sample (n = 1,473)	± 2.6	± 2.5	± 2.3	± 2.0	± 1.5
Infants (n = 210)	± 6.8	± 6.6	± 6.2	± 5.4	± 4.1
Toddlers (n = 239)	± 6.3	± 6.2	± 5.8	± 5.1	± 3.8
Preschoolers (n = 387)	± 5.0	± 4.9	± 4.6	± 4.0	± 3.0
School-aged (n = 637)	± 3.9	± 3.8	± 3.6	± 3.1	± 2.3

**For example, if a question asked among the total sample for the 2004 NSF poll yielded a percentage of 20%, then we can be sure 95 out of 100 times that the true percentage would lie between 18.0% and 22.0% (20% ± 2.0 percentage points).*

Methodology (cont'd)

Throughout this report, children are broken down by age to compare the different age groups interviewed for the 2004 *Sleep in America* poll. The age groups are referenced in this report as the following:

- Infants - 0 to 11 months
- Toddlers - 12 to 35 months
 - > Younger toddlers - 12 to 23 months
 - > Older toddlers - 24 to 35 months
- Preschoolers - 3 to 5 year olds and 6 year olds who are in kindergarten; and
- School-aged children - 1st through 5th grade.
 - > Younger school-aged children - 1st through 3rd grade
 - > Older school-aged children - 4th or 5th grade

Notes on reading this report:

1. When reading the charts in this report, note that some charts may not equal 100% due to rounding and/or the exclusion of those who answered “don’t know” or “refused” to answer the question.
2. Letters (A^{BCDEFG}) indicate a significant difference (at the 95% confidence level) between the different subgroups. Each category has a letter assigned to it as noted at the top of each column. A letter shown next to a number within the table signifies that the number is significantly larger than the number in the notated column.
3. Children’s Sleep Percentiles were determined as follows: The number of respondents in each of five age categories (Infants, Toddlers, Preschoolers, Younger school-aged and Older school-aged) were divided into four equal sections (percentiles) based on their responses to questions 6 and 7 (which determined how much children slept in a typical 24-hour period in the previous two weeks). The upper 25th percentile is based on children who slept the most in a typical 24-hour period in their age group, while the lower 25th percentile is based on children who slept the least in their age group. The middle 50th percentile consists of the remaining children. The chart below shows the hours of sleep for each age category where the upper, middle and lower percentiles fell.

	<u>Infants</u>	<u>Toddlers</u>	<u>Preschoolers</u>	<u>Younger School-aged</u>	<u>Older School-aged</u>
Bottom 25%	11 hours or less	11 hours or less	9.9 hours or less	9 hours or less	8.9 hours or less
Middle 50%	11.1-14.9 hours	11.1-12.9 hours	10.0-11.0 hours	9.1-10.0 hours	9.0-9.9 hours
Upper 25%	15 hours or more	13 hours or more	11.1 hours or more	10.1 hours or more	10 hours or more

Summary of Findings

Children's Sleep Behavior

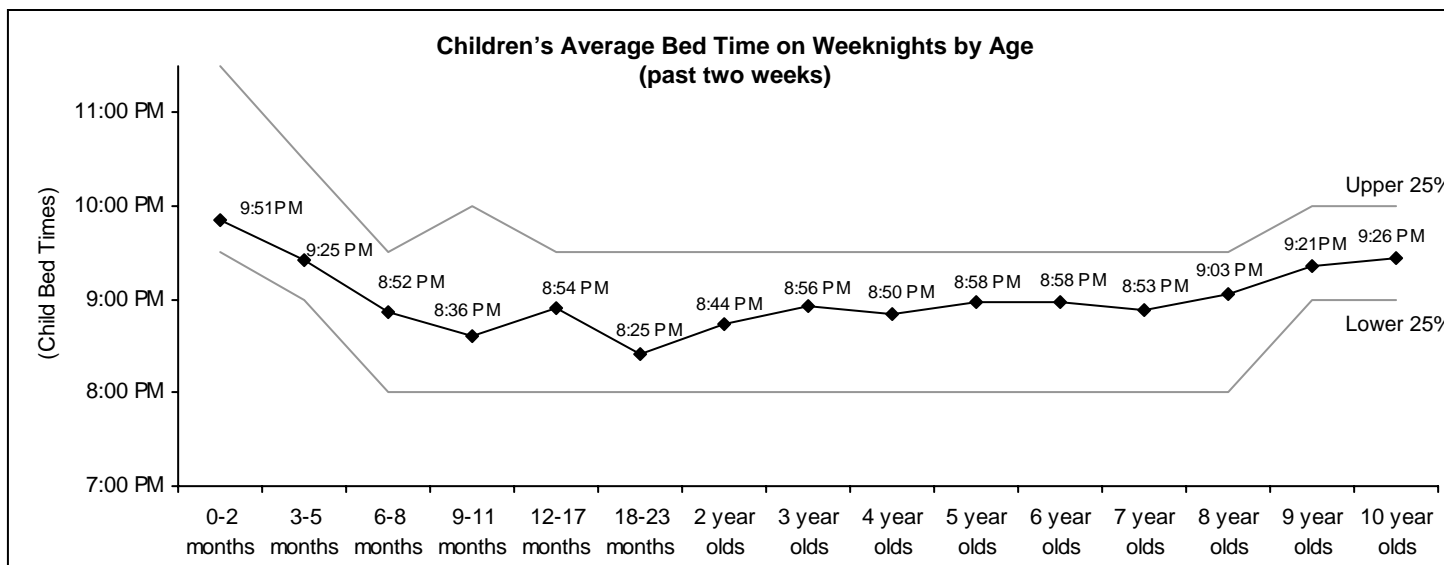
Sleep Behavior: Bed Time

In the 2004 *Sleep in America* poll, parents/caregivers report that the usual time their child went to sleep at night in the past two weeks was between about 8:45 p.m. and 9:15 p.m., though school-aged children and infants tend to go to bed later than toddlers and preschoolers (9:07 p.m. and 9:11 p.m. vs. 8:42 p.m. and 8:55 p.m.).

- As shown on the graph below, children two months old or younger go to bed, on average, at 9:51 p.m., whereas children between six months old and seven years old tend to go to bed, on average, around 9:00 p.m. or earlier.
- Children between the ages of 18 and 23 months tend to go to bed the earliest, on average (8:25 p.m.).

	Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E
n=	(208)	(239)	(387)	(637)
12:00 p.m. (Noon) – 6:59 p.m.	1%	-%	1%	-%
7:00 p.m. – 7:59 p.m.	9 ^E	10 ^{DE}	5 ^E	1
8:00 p.m. – 8:59 p.m.	25	41 ^B	41 ^{BE}	34 ^B
9:00 p.m. – 9:59 p.m.	31	33	38	53 ^{BCD}
10:00 p.m. – 10:59 p.m.	19 ^{CDE}	11	10	9
11:00 p.m. – 12:00 a.m. (Midnight)	13 ^{CDE}	3	4	2
12:01 a.m. – 11:59 a.m.	1	2	1	<1
Mean	9:11 p.m. ^C	8:42 p.m.	8:55 p.m.	9:07 p.m. ^{CD}
Median	9:14 p.m.	8:29 p.m.	9:14 p.m.	9:14 p.m.

Base = Those answering Q.3



Base = Those answering

Note: Approximately 50% of the population in each age group falls between the two solid gray lines

Q.3

Sleep Behavior: Time to Fall Asleep

Parents/Caregivers were asked the amount of time it took for their child to fall asleep from lights out to being asleep.

- More than one-half of parents/caregivers of school-aged children and preschoolers report that it takes their child 15 minutes or more to fall asleep at night (54% for each) compared to toddlers (46%) and infants (43%).
 - Infants are more than twice as likely than older children to fall asleep in less than five minutes (12% vs. 5% in each age group).
- Parents/Caregivers of children who get less sleep are more likely to say their child takes more than 20 minutes to fall asleep from lights out to being asleep compared to children who get more sleep (30% of the lower 25th sleep percentile vs. 16% of the middle 50th and 18% of the upper 25th percentiles).

Amount of Time It Took Children to Fall Asleep from Lights Out to Being Asleep				
	<u>Infants^B</u>	<u>Toddlers^C</u>	<u>Preschoolers^D</u>	<u>School-aged^E</u>
n=	(204)	(233)	(376)	(613)
Less than 5 minutes	12% ^{CDE}	5%	5%	5%
5 to 9 minutes	17	18	19	17
10 to 14 minutes	28	30 ^D	22	24
15 to 20 minutes	30	28	32	32
More than 20 minutes	13	18	22 ^B	22 ^B
Mean (# of minutes)	13.0	16.4 ^B	17.4 ^B	17.2 ^B
Median (# of minutes)	10.0	10.0	15.0	15.0

Base = Those answering Q.5

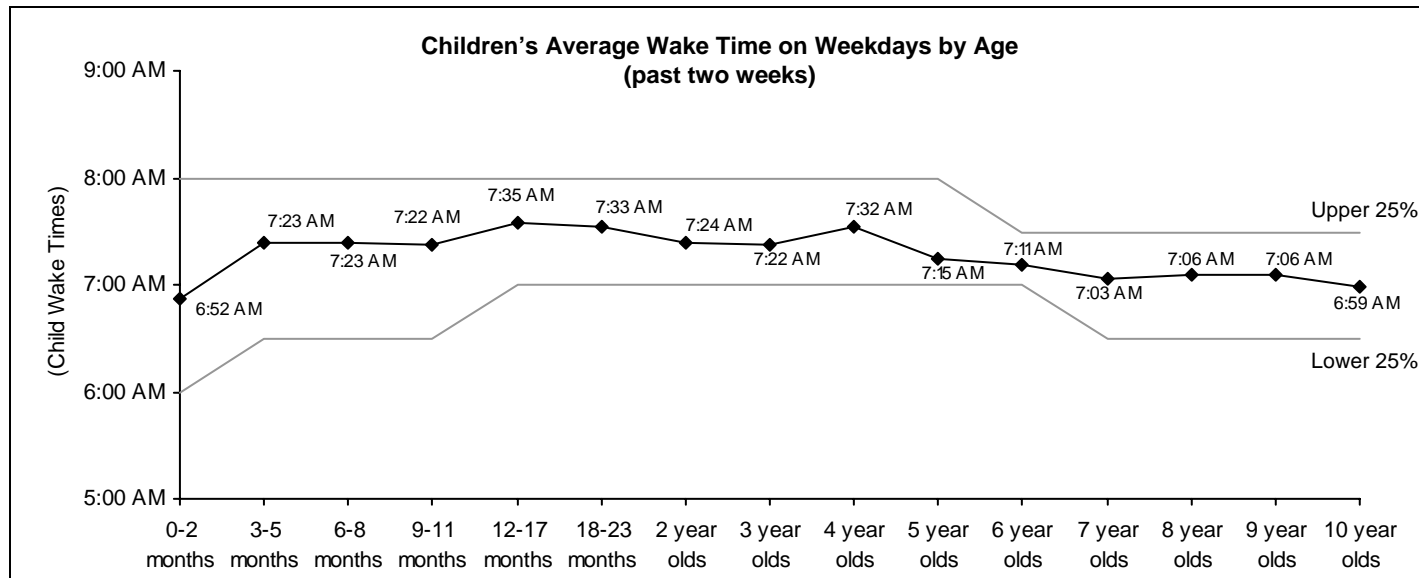
Sleep Behavior: Wake Time

Parents/Caregivers say their child tends to wake up for the day, on average, between 7:00 and 7:30 a.m., although school-aged children tend to wake slightly earlier than younger children (7:05 a.m. vs. 7:14 a.m. – 7:29 a.m.).

- As shown on the graph below, children across each age group wake up, on average, between 6:52 a.m. and 7:35 a.m.

Children's Usual Wake Time on Weekdays (past two weeks)				
	Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E
n=	(209)	(239)	(386)	(637)
12:00 a.m. (Midnight) – 4:59 a.m.	3% ^{CD}	<1%	<1%	-%
5:00 a.m. – 5:59 a.m.	9 ^{CDE}	3	3	2
6:00 a.m. – 6:59 a.m.	27	22	30 ^C	38 ^{BCD}
7:00 a.m. – 7:59 a.m.	35	47 ^B	48 ^B	55 ^{BCD}
8:00 a.m. – 8:59 a.m.	14 ^E	23 ^{BDE}	13 ^E	4
9:00 a.m. – 9:59 a.m.	8 ^{DE}	5 ^E	4 ^E	<1
10:00 a.m. or later	3 ^{CE}	<1	2 ^E	<1
Mean	7:14 a.m. ^E	7:29 a.m. ^{BE}	7:23 a.m. ^E	7:05 a.m.
Median	7:14 a.m.	7:25 a.m.	7:16 a.m.	7:07 a.m.

Base = Those answering Q.2



Base = Those answering

Note: Approximately 50% of the population in each age group falls between the two solid gray lines

Q.2

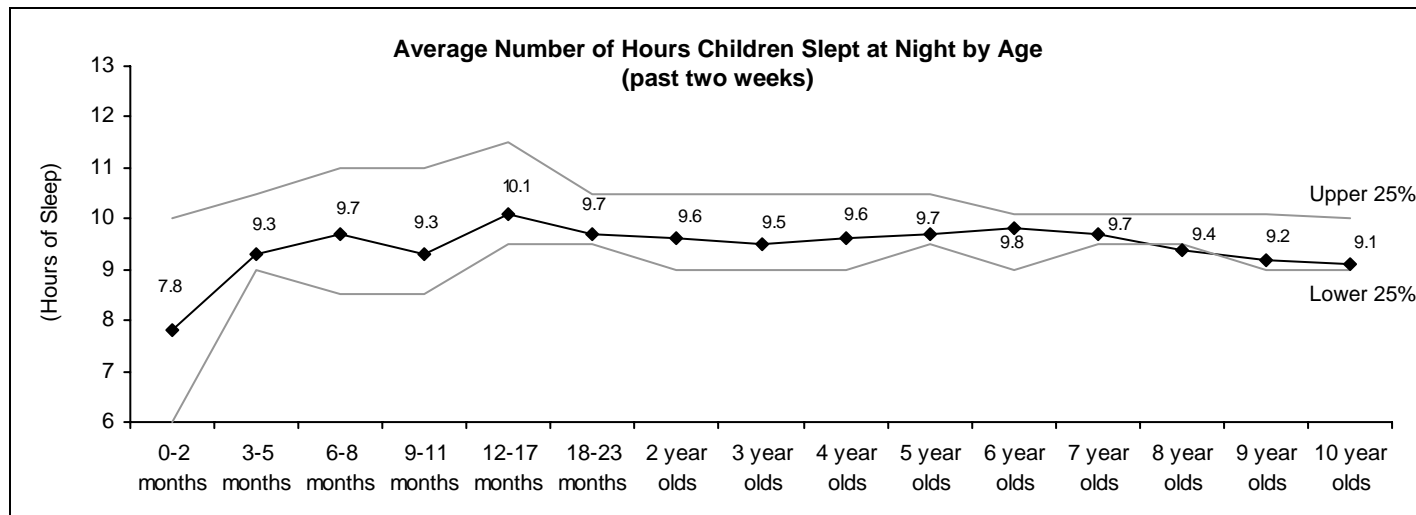
Sleep Behavior: Hours Slept at Night

When asked how many hours their child sleeps at night between 6:00 p.m. and 8:00 a.m., parents/caregivers report their child sleeps an average of between nine and ten hours (9.0-9.8 hours).

- Infants sleep an average of nine hours (9.0) per night, somewhat less than children in the three older age groups (9.4-9.8 hours).
- In fact, children less than three months of age only sleep an average of 7.8 hours at night.

Hours Children Slept at <u>Night</u> Between 6:00 p.m. and 8:00 a.m. (past two weeks)				
	Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E
n=	(207)	(238)	(385)	(632)
Less than 8 hours	19% ^{CDE}	7%	5%	4%
8 to 8.9 hours	18 ^C	11	13	13
9 to 9.9 hours	15	18	25 ^{BC}	37 ^{BCD}
10 to 10.9 hours	28	39 ^B	40 ^B	38 ^B
11 to 11.9 hours	10	16 ^{BE}	14 ^E	6
12 hours or more	10 ^{DE}	9 ^{DE}	3	1
Mean (# of hours)	9.0	9.8 ^{BE}	9.6 ^B	9.4 ^B
Median (# of hours)	9.5	10.0	10.0	9.5

Base = Those answering Q.6



Base = Those answering

Note: Approximately 50% of the population in each age group falls between the two solid gray lines

Q.6

Sleep Behavior: Hours Slept in the Daytime

Parents/Caregivers were asked about their child's nap behavior.

- Prior to turning two years old, almost all children nap every day or almost every day. Infants nap an average of four hours (3.8 hours) a day.
- However, once they turn four years old, the frequency of napping decreases (26% of four year olds nap every day or almost every day) as does the amount of time they nap (1.6 hours for preschoolers).
- By the end of the preschool years, naps are less common among children (15% of five year olds and 2% of six year olds nap every day or almost every day).

Hours Children Slept in the Daytime Between 8:00 a.m. and 6:00 p.m. (past two weeks)

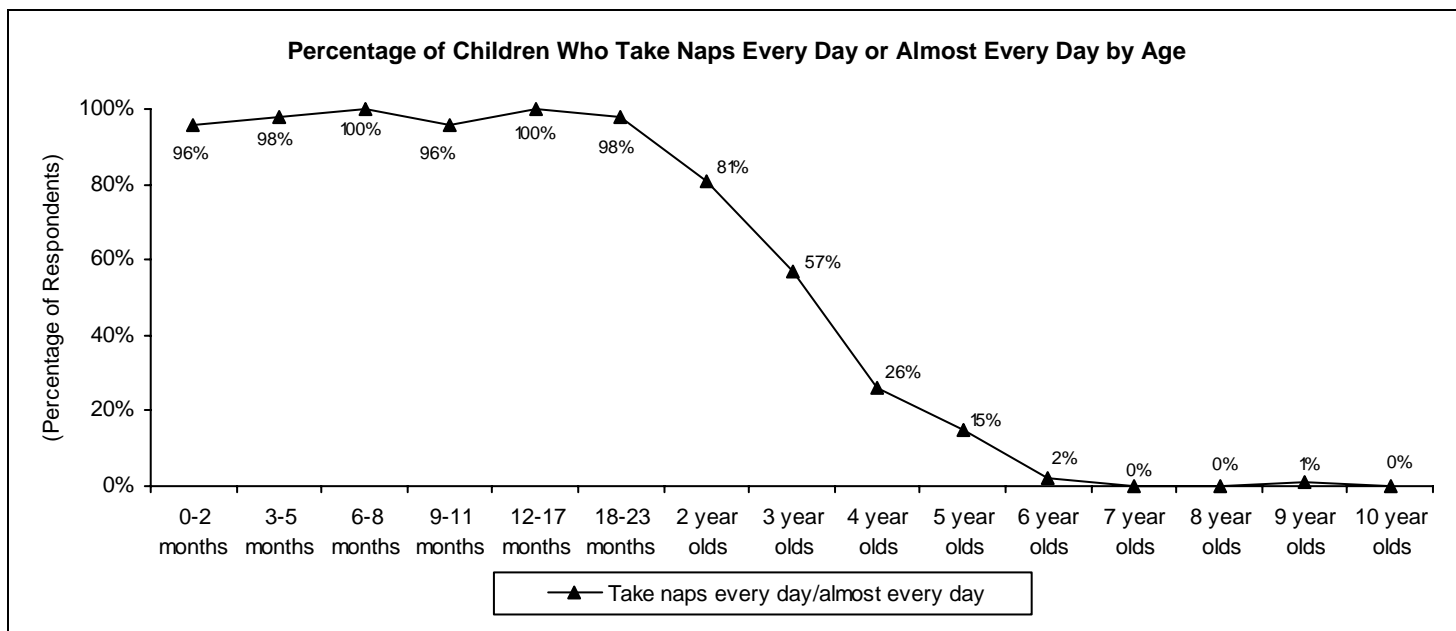
	Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E
n=	(204)	(237)	(378)	(635)
None	1%	3% ^B	48% ^{BC}	94% ^{BCD}
Less than 1 hour*	<1	1	5 ^{BCE}	1
1 to 1.9 hours	7 ^E	30 ^{BE}	24 ^{BE}	2
2 to 2.9 hours	19 ^E	52 ^{BDE}	19 ^E	3
3 hours or more	73 ^{CDE}	14 ^{DE}	4 ^E	<1
Mean (# of hours) ¹	3.8 ^{CDE}	2.0 ^D	1.6	1.8
Median (# of hours) ¹	3.5	2.0	1.5	1.5

Base = Those answering

¹Base = Those who took naps and answering

*Excludes None

Q.7



Base = Those answering
Q.12

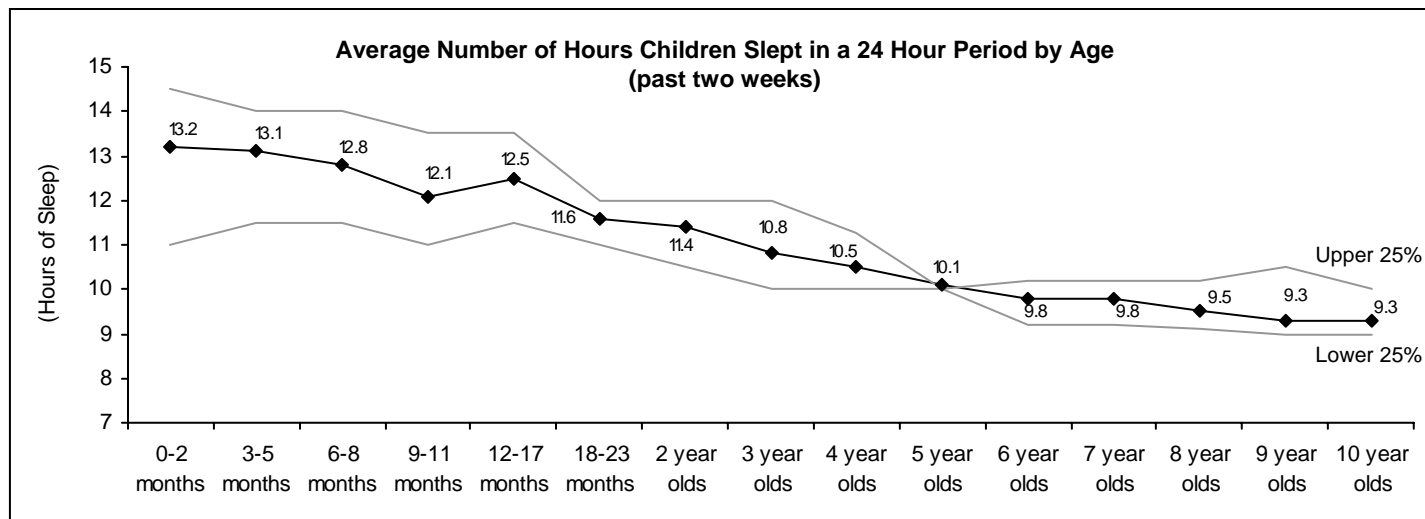
Sleep Behavior: Hours Slept in 24 Hours

The number of hours children sleep in the daytime and the number of hours they sleep at night were added to determine how much sleep children get in a 24-hour period.

- Infants tend to get more sleep in a 24-hour period than older children. Nearly four in ten infants (38%) sleep 14 hours or more in a 24-hour period.
- The average number of hours children aged 10 and younger sleep in a 24-hour period ranges from just over nine hours (9.3) up to 13 hours (13.2).
- The average total hours children sleep in a 24-hour period decreases as children get older (13.2 hours to 9.3).

Total Hours Children Slept in a 24 Hour Period (past two weeks)				
	Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E
n=	(210)	(239)	(387)	(637)
Less than 8 hours	2%	2%	3%	4%
8 to 8.9 hours	3	2	4 ^C	13 ^{BCD}
9 to 9.9 hours	4	6	15 ^{BC}	35 ^{BCD}
10 to 10.9 hours	6	11	34 ^{BC}	37 ^{BC}
11 to 11.9 hours	14 ^E	25 ^{BE}	23 ^{BE}	8
12 to 12.9 hours	15 ^E	26 ^{BDE}	12 ^E	2
13 to 13.9 hours	14 ^D	17 ^D	4	-
14 hours or more	38 ^{CDE}	11 ^{DE}	2	<1
Mean (# of hours)	12.8 ^{CDE}	11.7 ^{DE}	10.4 ^E	9.5
Median (# of hours)	13.0	12.0	10.5	9.5

Base = Those answering Q.6/7



Base = Those answering

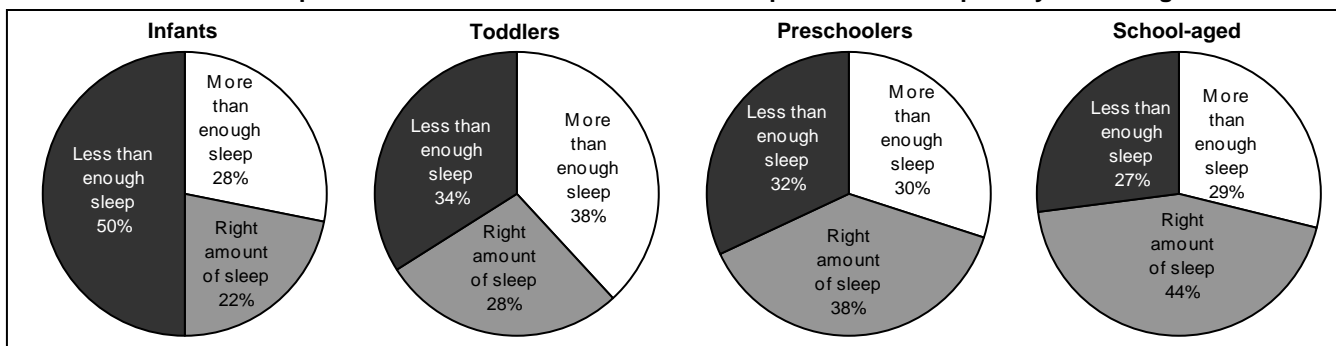
Note: Approximately 50% of the population in each age group falls between the two solid gray lines Q6/7

Sleep Behavior: Children’s Actual Sleep vs. Children’s Needed Sleep

The number of hours that parents/caregivers said their children *actually* sleep at night and in the daytime were added to determine the total number of hours of sleep in a 24-hour period. This number was then compared with the number of hours of sleep that the parents/caregivers *think* their child needs in a 24-hour period. The comparisons of the data are shown in the first set of charts below.

- Infants are more likely than children in the older age groups to get fewer hours of sleep than what the parent/caregiver thinks they need (50% vs. 27%-34%). However, one-third of toddlers (34%), preschoolers (32%) and school-aged children (27%) also sleep fewer hours than what the parent/caregiver thinks they need.
- A sleep profile of these children is provided in the profile section of this report.

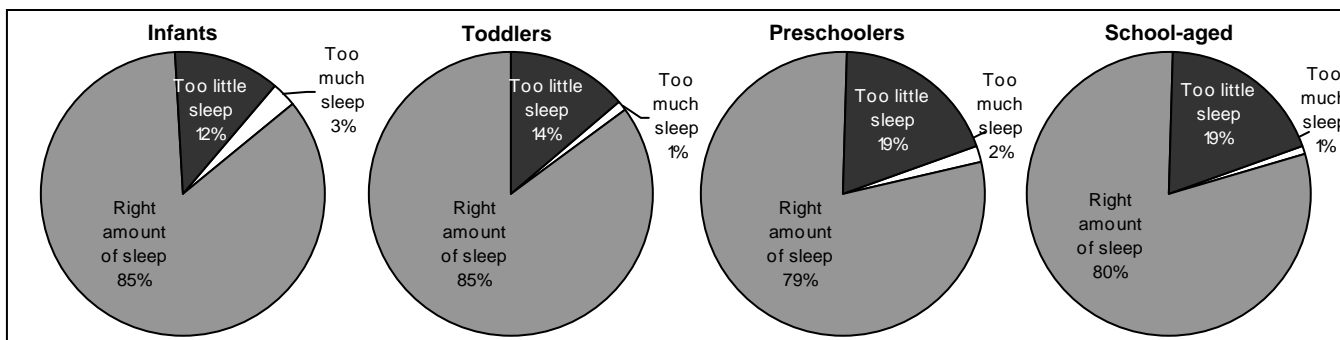
Number of Hours Children Slept in a 24 Hour Period vs. Amount of Sleep Children Need per Day According to Parent/Caregiver



Base = Those answering (Infants n=196; Toddlers n=233; Preschoolers n=371; School-aged n=625) Q.6/7/8

However, when asked directly on a separate question whether their child gets too little, too much or the right amount of sleep, the majority of parents/caregivers in each of the four age groups (79%-85%) report that their child gets the right amount of sleep. A smaller proportion of parents/caregivers report that their child gets too little sleep (12%-19%).

On Most Nights, Parent/Caregiver Believes Children Get Too Little, Too Much or the Right Amount of Sleep



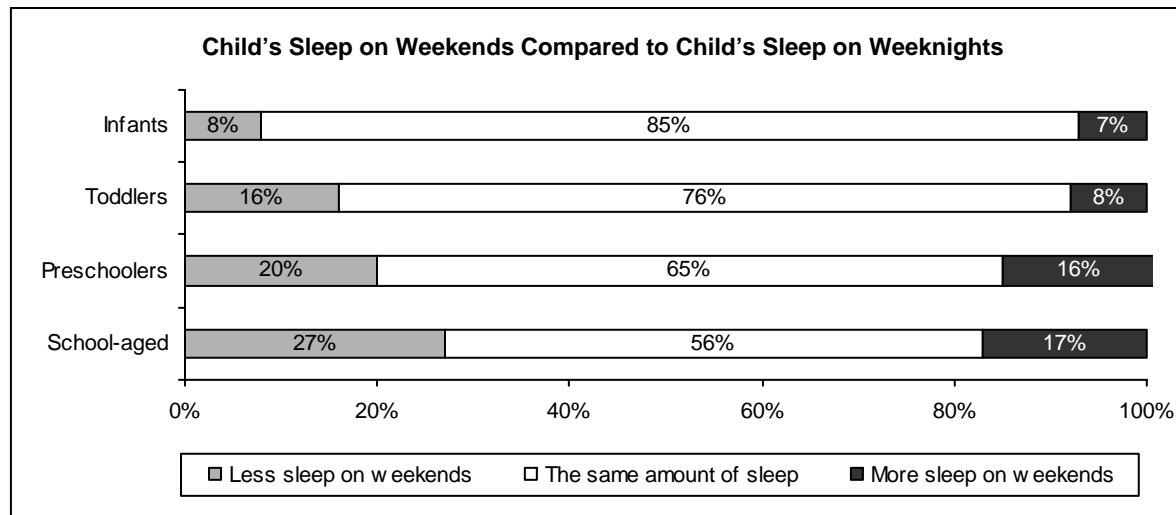
Base = Those answering (Infants n=210; Toddlers n=238; Preschoolers n=384; School-aged n=637) Q.9

Comparing the two charts, it is clear that the majority of parents/caregivers say their child is getting the right amount of sleep (bottom charts) when, in reality, their child is getting less sleep (top charts) than what their parent/caregiver think they need.

Sleep Behavior: Sleep on Weekends vs. Weeknights

There are clear differences across the age groups regarding children's sleep patterns on weekends compared to weeknights. As children get older, they tend to get less sleep on weekends.

- Infants are most likely to maintain the same sleep pattern on weekends as on weeknights, with 85% getting the same amount of sleep on weekends as they do on weeknights.
- Many toddlers maintain the same sleep pattern on weekends with about three-fourths getting the same amount of sleep on weekends and weeknights (76%). However, 8% sleep more and 16% sleep less on weekends than on weeknights.
- Preschoolers are more likely than toddlers and infants to change their sleep patterns on weekends with 16% getting more sleep on weekends and 20% getting less sleep on weekends compared to weeknights.
- School-aged children are the most likely to change their sleep pattern on weekends with 17% sleeping more on weekends and 27% sleeping less on weekends.



Base = Those answering (Infants n=209; Toddlers n=239; Preschoolers n=387; School-aged n=637)
Q.10

Sleep Behavior: Nighttime Awakenings

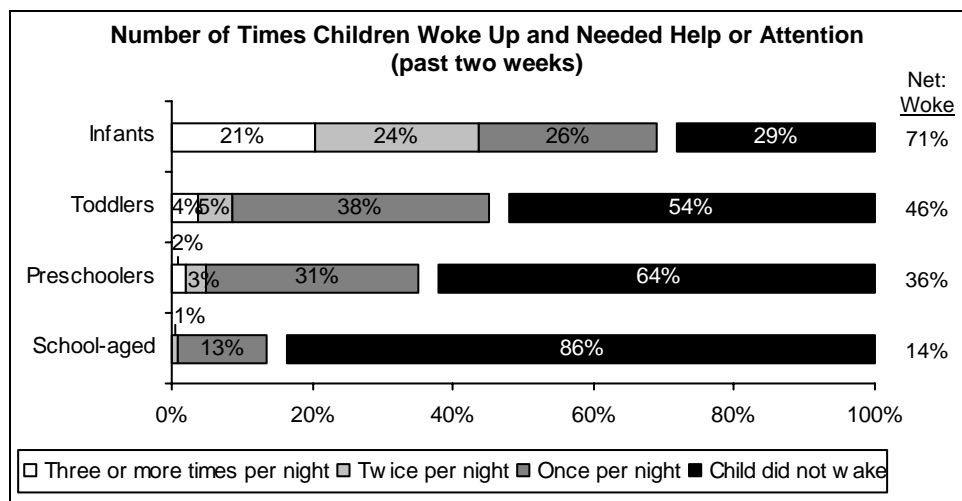
A sizable proportion of children across all four age groups wake and need help or attention during a typical night, according to parents/caregivers. Three in ten of all parents/caregivers surveyed said their child wakes one (23%) or two or more (7%) nights needing help or attention.

- Infants are more likely than children in the three older age groups to wake at night (71% at least once vs. 14%-46%). In fact, 21% of infants wake three or more times per night, and a similar proportion (24%) wake twice per night. One-fourth of infants (26%) wake only once per night.
- Almost one-half of toddlers wake at least once per night (47%), with about one in ten (9%) waking two or more times per night.
- More than one-third of preschoolers wake at least once per night (36%), with 5% waking two or more times.
- One in seven school-aged children (14%) wake at least one time per night.

As children get older, they are less likely to wake and need help or attention during a typical night.

Infants who wake and need help or attention during a typical night tend to be awake about twice as long as children in the three older age groups (35.2 vs. 10.7-18.2 minutes). Nearly one-half of these infants (49%) are awake for 30 minutes or longer.

- Toddlers (18.2 minutes) also tend to be awake longer than preschoolers (10.7 minutes) or school-aged children (12.7 minutes).



Base = Those answering (Infants n=209; Toddlers n=237; Preschoolers n=385; School-aged n=627)
Q.19

Amount of Time Children Were Awake During the Night

	Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E
n=	(144)	(109)	(133)	(85)
Less than 15 minutes	27%	53% ^B	80% ^{BCE}	68% ^{BC}
15 to 29 minutes	24 ^D	20 ^D	8	15
30 to 44 minutes	26 ^{DE}	17 ^D	8	11
45 minutes or more	23 ^{CDE}	10	4	6
Mean (# of minutes)	35.2 ^{CDE}	18.2 ^{DE}	10.7	12.7
Median (# of minutes)	25.0	10.0	5.0	10.0

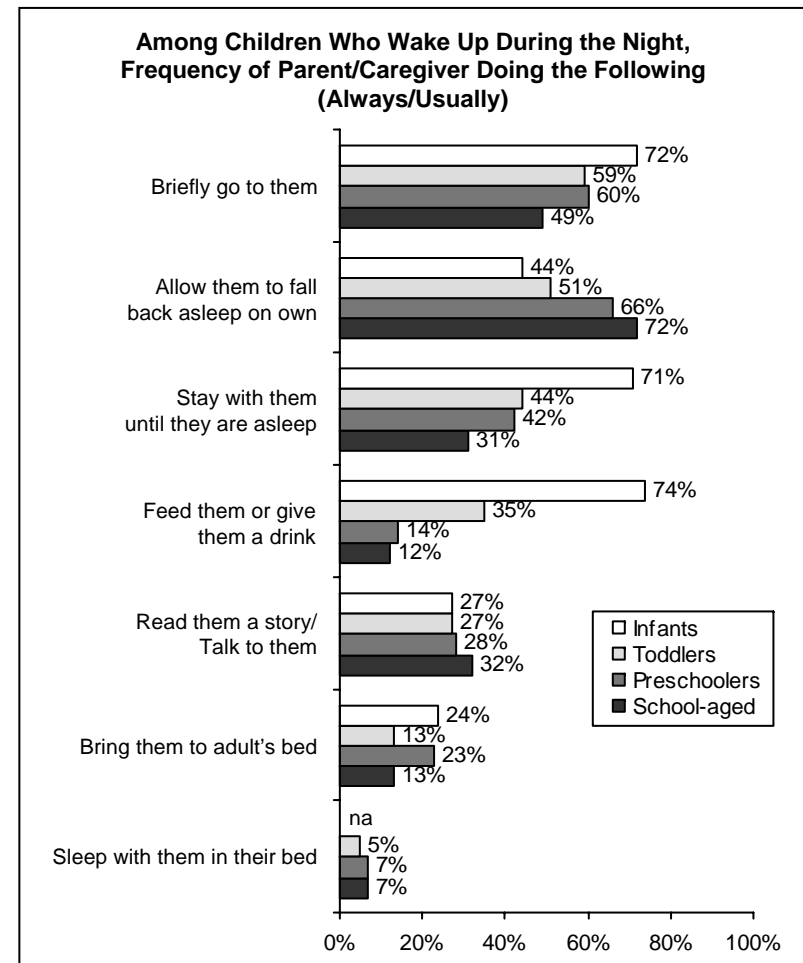
Base = Children who woke and needed attention during a typical night and answering Q.20a

Sleep Behavior: Nighttime Awakenings (continued)

Parents/Caregivers were asked how frequently they do a number of different activities on a typical night when their child wakes up and needs attention.

- A majority of parents/caregivers of infants who wake say they always or usually feed them or give them a drink (74%), go to them briefly (72%) and/or stay with them until they are asleep (71%).
- Those whose toddlers need help or attention most often go to them briefly (59% always or usually), allow them to fall back asleep on their own (51%) or stay with them until they are asleep (44%).
- Parents/Caregivers of preschoolers most often allow them to fall back asleep on their own (66% always or usually) or go to them briefly (60%). About four in ten (42%) stay with them until they fall asleep.
- School-aged children most often go back to sleep on their own (72%), although about one-half of the parents/caregivers report that they always or usually go to them briefly (49%).
- Across all four age groups, there are some parents/caregivers who bring their child to an adult's bed (13%-24%).
- A small proportion of parents/caregivers of toddlers to school-aged children sleep with their child in their bed (5%-7%).

When children wake during the night and need help or attention, the mother is most often the person who goes to the child (89% infants, 85% toddlers, 71% preschoolers and 79% school-aged).

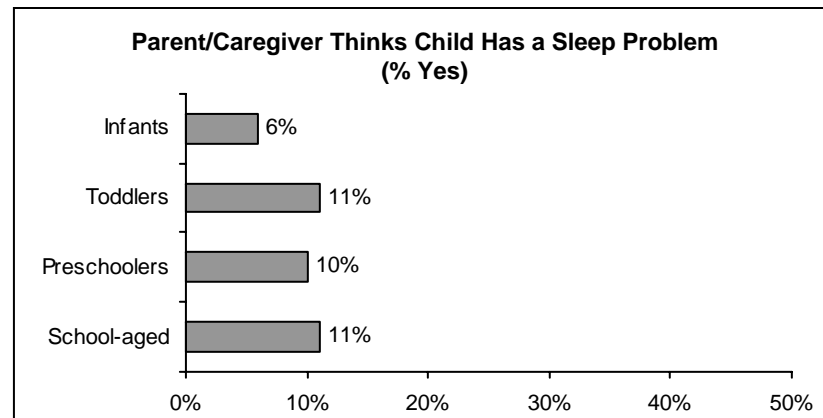


Base = Children who wake and need attention during a typical night and able to rate (Infants n=146-147; Toddlers n=108-110; Preschoolers n=136-137; School-aged n=82-84)
na = Not applicable
Q.20B a-g

Sleep Behavior: Parent/Caregiver Thinks Child Has a Sleep Problem

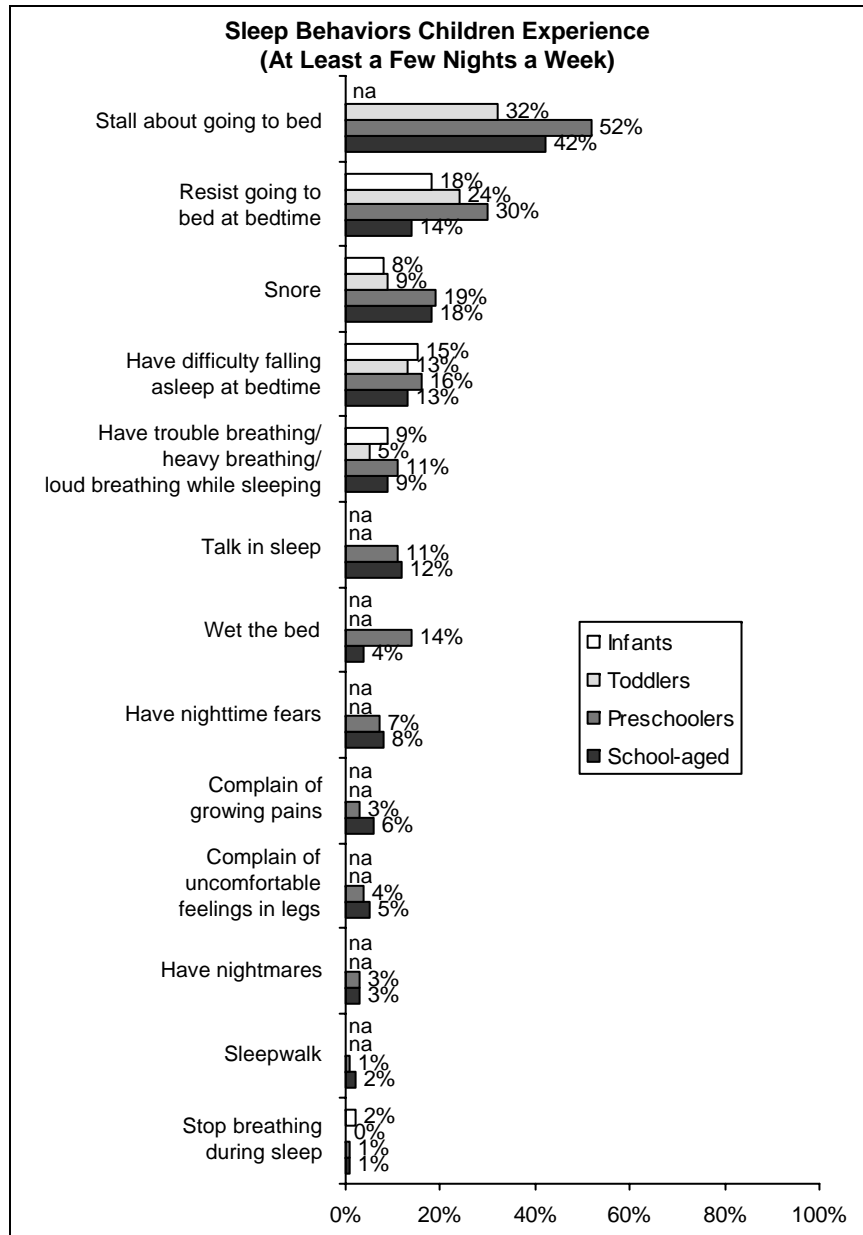
About one in ten parents/caregivers of toddlers (11%), preschoolers (10%) and school-aged children (11%) think their child has a sleep problem compared to 6% of parents/caregivers of infants.

- Parents/Caregivers of children who sleep the least are twice as likely to say they think their child has a sleep problem (16% of the lower 25th sleep percentile vs. 8% of both the middle 50th and upper 25th percentiles).
- Parents/Caregivers who say it takes their child a longer amount of time to fall asleep at night are more likely to say they think their child has a sleep problem.
 - Those who say their child takes 30 minutes or longer to fall asleep compared to children who fall asleep in less than 15 minutes (16% vs. 6%) are about three times as likely to say their child has a sleep problem.
- Parents/Caregivers of children who wake up two or more times per night compared to those children who do not wake at all during the night (24% vs. 7%) are more than three times as likely to say their child has a sleep problem.
- A sleep profile of parents/caregivers who think their child has a sleep problem is provided in the profile section of this report.



Base = Those answering (Infants n=206; Toddlers n=238; Preschoolers n=383; School-aged n=632)
Q.21

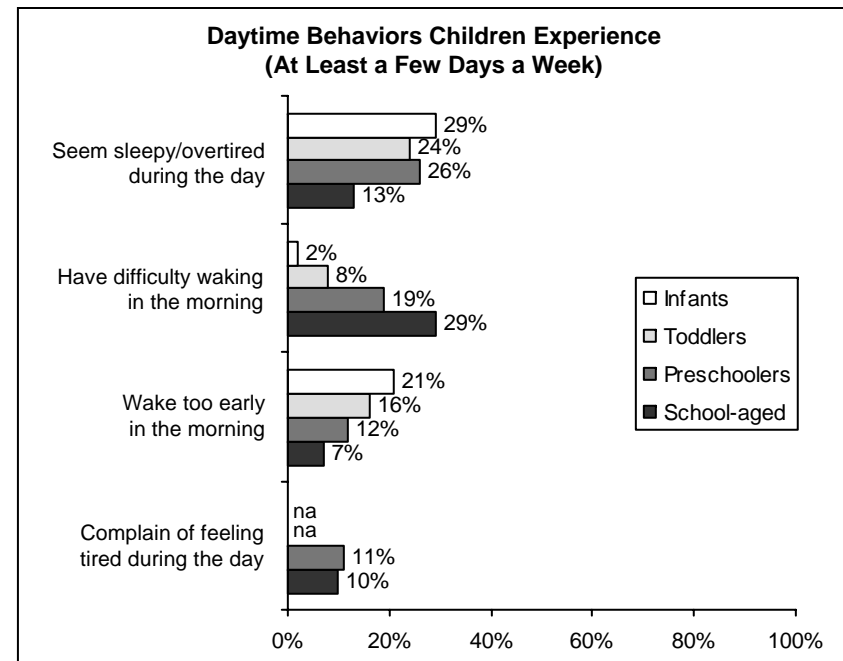
Sleep Behavior: Sleep Related Behaviors



Base = Those able to rate Q.22
na = Not asked

Parents/Caregivers were asked how often their child exhibits a number of sleep related behaviors.

- Infants most often seem sleepy or overtired during the day (29%) and/or wake too early in the morning (21%) at least a few days a week.
- Toddlers most often stall about going to bed at bedtime (32%) and/or seem sleepy or overtired during the day (24%) at least a few days or nights a week.
- Preschoolers most often stall about going to bed at bedtime (52%), resist going to bed at bedtime (30%), seem sleepy or overtired during the day (26%), snore (19%) and/or have difficulty waking in the morning (19%) at least a few days or nights a week.
- School-aged children are most likely to stall about going to bed (42%), have difficulty waking in the morning (29%) and/or snore (18%) at least a few days or nights a week.

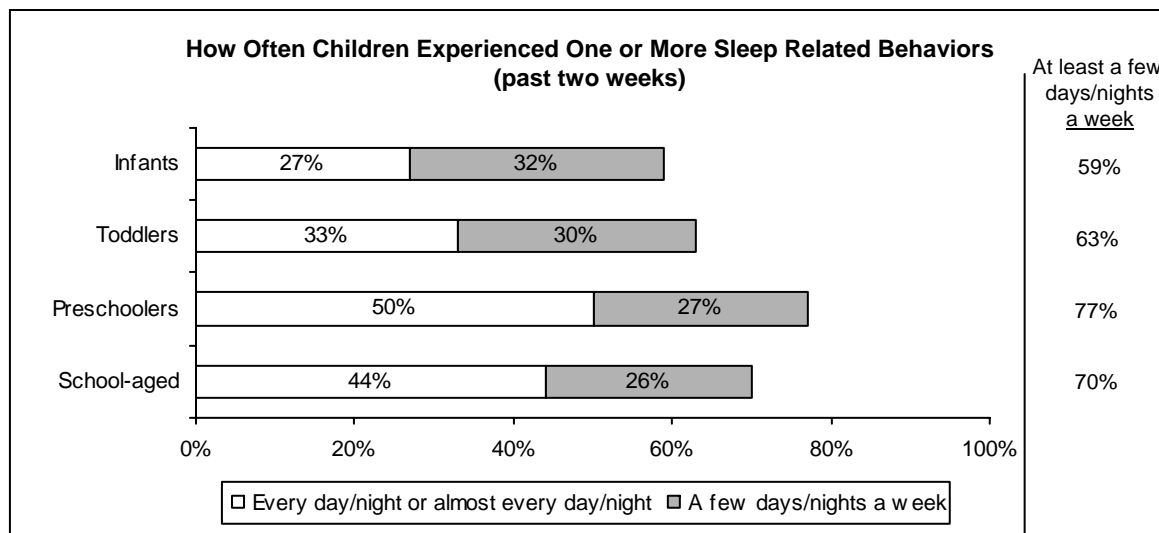


Base = Those able to rate
na = Not asked

Sleep Behavior: Sleep Related Behaviors (continued)

The majority of all parents/caregivers surveyed (69%) report that their child experiences one or more of the sleep related behaviors shown on the previous page at least a few days/nights a week.

- Two in ten parents/caregivers say their child has difficulty waking in the morning (20%) or they seem sleepy or overtired during the day (20%) at least a few days a week. Slightly less say their child snores a few nights a week or more (16%) and 14% said their child has difficulty falling asleep at bedtime. About one in ten parents/caregivers (9%) say their child has trouble breathing and loud or heavy breathing while sleeping at least a few nights a week.
- Parents/Caregivers of preschoolers are most likely to say their child has experienced one of these sleep related behaviors either every day or almost every day (50%) or at least a few days a week (77%).
- Among school-aged children, 44% of parents/caregivers say their child has experienced one of these sleep related behaviors every day or almost every day and 70% say their child has experienced these behaviors at least a few days a week.
- Infants and toddlers are less likely to experience at least one of these sleep related behaviors either every day or almost every day (27% and 33%, respectively) or at least a few days a week (59%, 63%).
- A sleep profile of children's sleep related behaviors is provided in the profile section of this report.



Base = Those able to rate

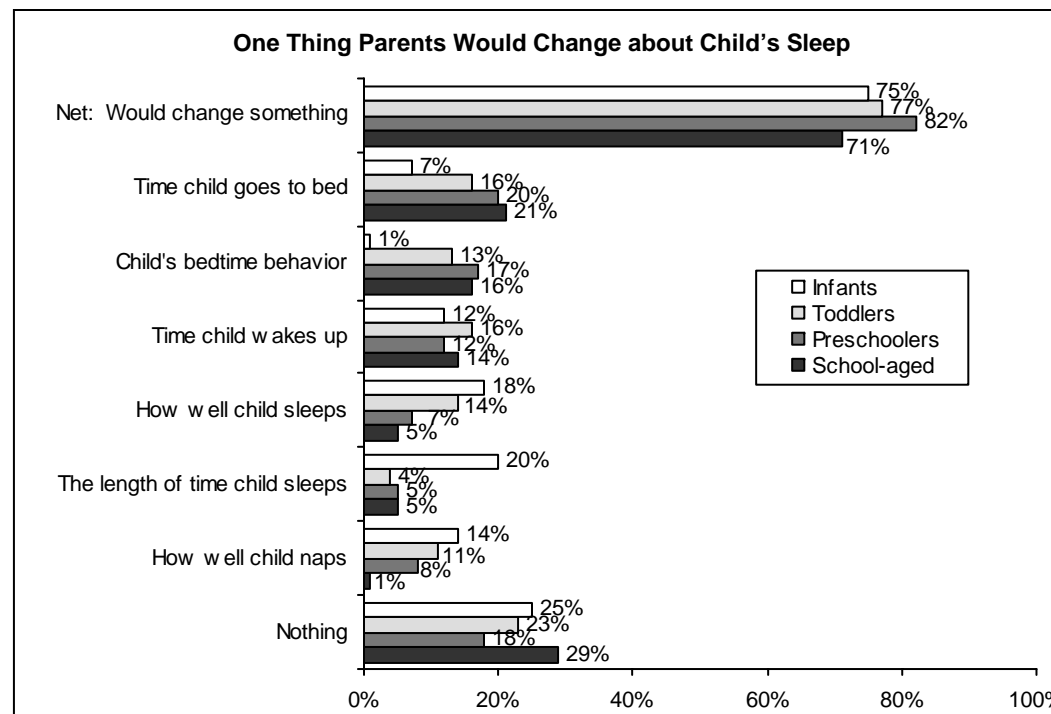
This chart represents children who experienced at least one sleep problem at least a few days/nights a week.

Q.22

Sleep Behavior: Change Child's Sleep

When asked, most parents/caregivers say they would change something about their child's sleep (76%).

- Parents/Caregivers of infants most often say they would change the length of time their infant sleeps (20%), how well their infant sleeps (18%), how well their infant naps (14%) or the time their infant wakes up (12%).
- Most often, parents/caregivers of toddlers say they would change the time their child goes to bed (16%), the time their toddler wakes up (16%), how well their toddler sleeps (14%), their toddler's bedtime behavior (13%) or how well their toddler naps (11%).
- Parents/Caregivers of preschoolers and school-aged children would most often change the time their child goes to bed (20% and 21%, respectively), their child's bedtime behavior (17%, 16%) or the time the child wakes up (12%, 14%).
- Parents/Caregivers of children who sleep the least are more likely to say they would change something about their child's sleep compared to their counterparts (84% of the lower 25th sleep percentile vs. 75% of the middle 50th percentile and 69% of the upper 25th percentile).



Base = Those answering (Infants n=210; Toddlers n=239; Preschoolers n=386; School-aged n=636)

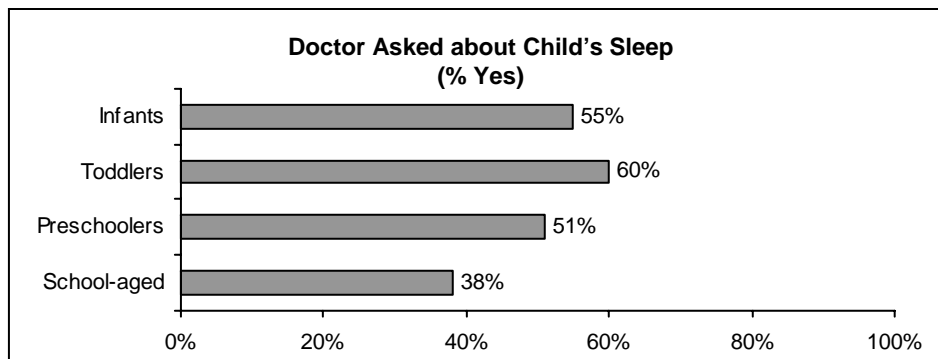
Top Mentions

Q.23

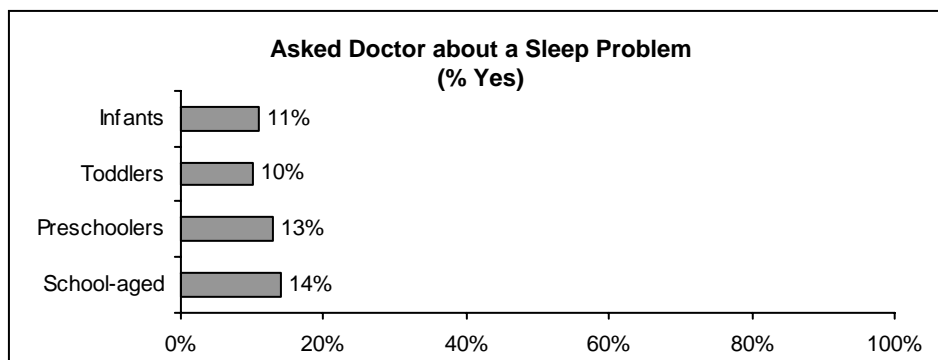
Sleep Behavior: Doctor and Child's Sleep

Parents/Caregivers were asked about discussions they may have had with their child's doctor about sleep.

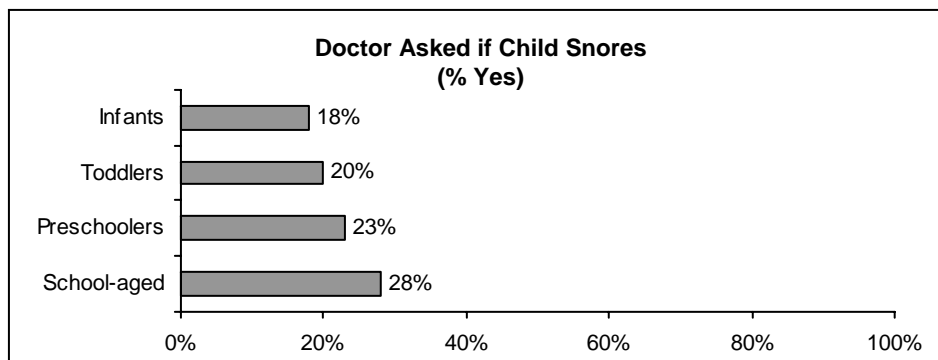
- Almost one-half of all parents/caregivers surveyed (47%) say their child's doctor asked about their child's sleep. Only 13% said the doctor asked about any sleep problems their child may have and 24% said the doctor asked if their child snores.
- Parents/Caregivers of younger children are more likely to say the child's doctor asked them about their child's sleep (51%-60% vs. 38% school-aged).
- Between 10% and 14% of parents/caregivers of children across the four age groups report that they have asked their child's doctor about a sleep problem.
- And, 18% to 28% of parents/caregivers of children across the four age groups report that their child's doctor asked if the child snores.
 - The older the child, the more likely it is that their doctor asked if they snore.



Base = Those answering (Infants n=204; Toddlers n=233; Preschoolers n=376; School-aged n=624)
Q.56



Base = Those answering (Infants n=209; Toddlers n=239; Preschoolers n=385; School-aged n=637)
Q.58



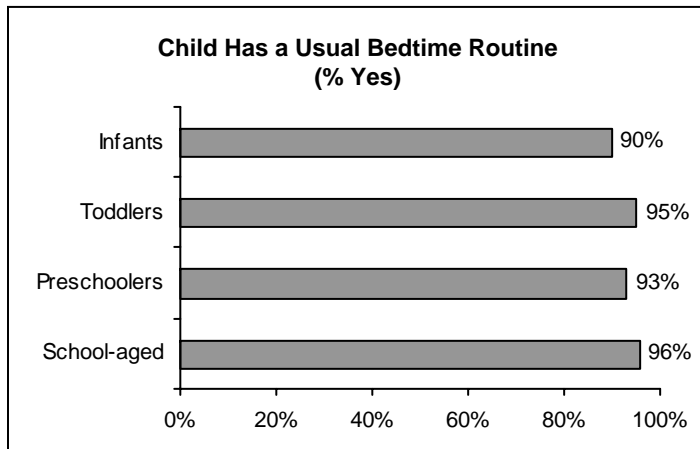
Base = Those answering (Infants n=197; Toddlers n=219; Preschoolers n=355; School-aged n=611)
Q.57

Bedtime Routine

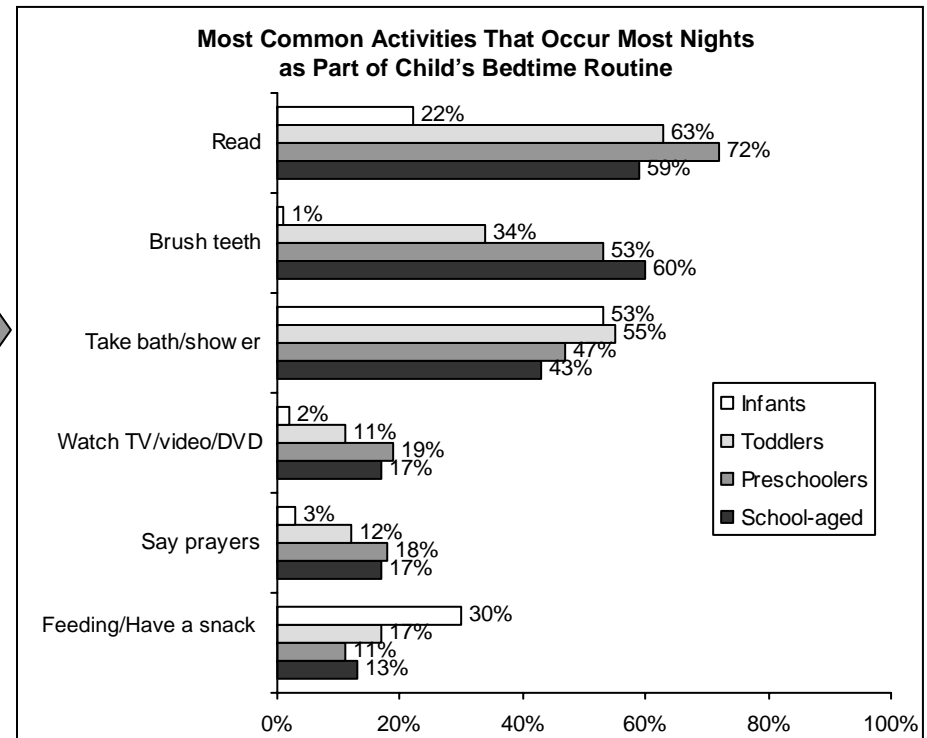
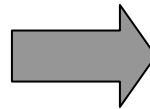
Bedtime Routine: Common Activities at Bedtime

Parents/Caregivers were asked whether their child has a usual bedtime routine and, if so, what are the three most common activities that occur most nights as part of that routine. The overwhelming majority of parents/caregivers (90%-96%) indicate that their child has a usual bedtime routine.

- The most frequently mentioned activities that occur most nights as part of the child's bedtime routine for toddlers and older children include reading to a parent/caregiver or the parent/caregiver reading to the child (59%-72%), brushing teeth (34%-60%) and/or taking a bath or shower (43%-55%).
- Parents/Caregivers of infants are most likely to say their child takes a bath (53%) and/or is fed or has a snack as part of their bedtime routine (30%).
- Children who get more sleep are more likely to read as part of their bedtime routine (62% of the upper 25th sleep percentile and 63% of the middle 50th percentile vs. 54% of the lower 25th percentile) and are less likely to watch TV, a video, or a DVD (11% of the upper 25th percentile and 14% of the middle 50th percentile vs. 21% of the lower 25th percentile) compared to their counterparts.



Base = Those answering
(Infants n=210; Toddlers n=239; Preschoolers n=387; School-aged n=637)
Q.11

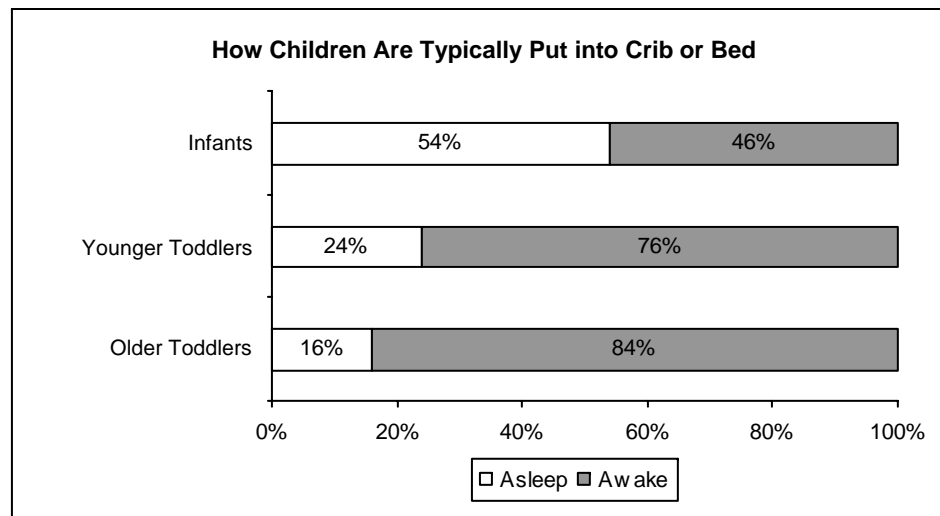


Base = Children who have a usual bedtime routine and answering
(Infants n=187; Toddlers n=225; Preschoolers n=359; School-aged n=609)
Up to Three Responses Accepted, Top Mentions
Q.11a

Bedtime Routine: Children Put Into Crib/Bed Asleep or Awake

Parents/Caregivers of children younger than three years of age were asked whether their child is typically put into their crib or bed awake or asleep.

- Slightly more than one-half of infants are typically put to bed when they are already asleep (54%).
- About one-fourth of younger toddlers (24%) are put into their bed or crib already asleep; 16% of parents/caregivers of older toddlers report the same.
- A sleep profile of children put into their crib awake or asleep is provided in the profile section of this report.

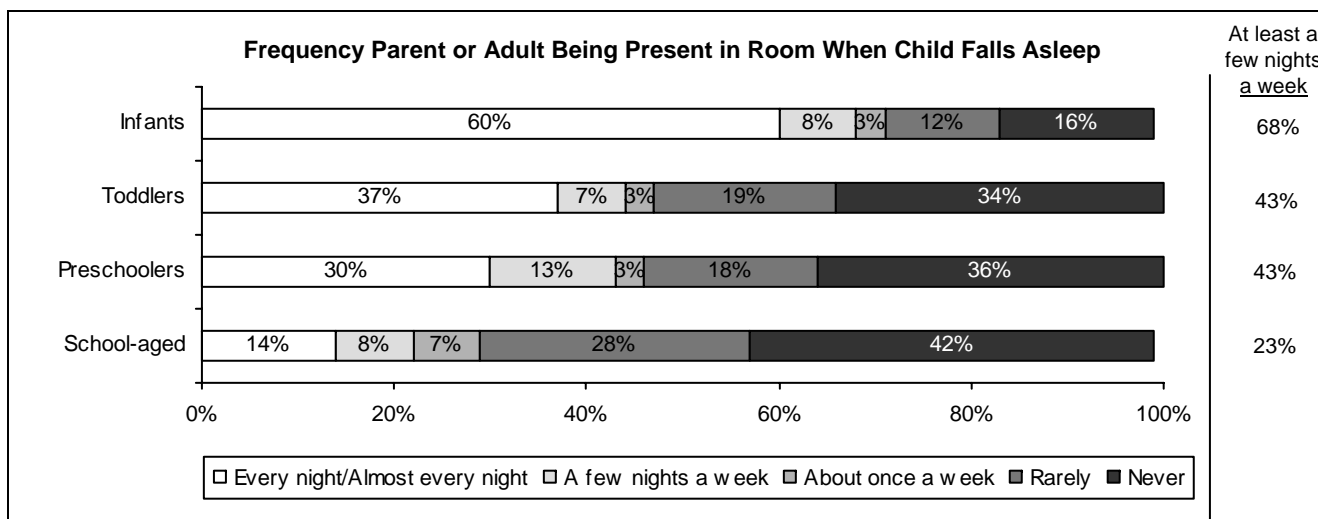


Base = Children less than 3 years old and answering (Infants n=202; Younger Toddlers n=121; Older Toddlers n=116)
Q.27

Bedtime Routine: Parent Present in Room

Parents/Caregivers were asked how frequently a parent or another adult is present in the room while their child falls asleep. As children get older, parents/caregivers tend to be in the room less often when their child falls asleep.

- About two-thirds of parents/caregivers of infants (68%) are in their room at least a few nights a week when their child falls asleep.
- In comparison, 43% of toddlers and preschoolers have a parent/caregiver present when they fall asleep, and 23% of school-aged children have a parent/caregiver present.
 - Children who have nighttime fears (45% vs. 28%) or have nightmares (46% vs. 29%) at least a few nights a week are more likely to have a parent/caregiver in their room when they fall asleep at least a few nights a week compared to those who rarely or never experience these fears.
- Parents/caregivers who are in their child's room when their child falls asleep at least a few nights a week are more likely to say their child woke two or more times per night compared to their counterparts (14% vs. 4%). Parents/Caregivers who say they are rarely or never present in the bedroom when their child falls asleep are more likely to say that their child did not wake during the night compared to those who are in their child's room at least a few nights a week (78% vs. 53%).



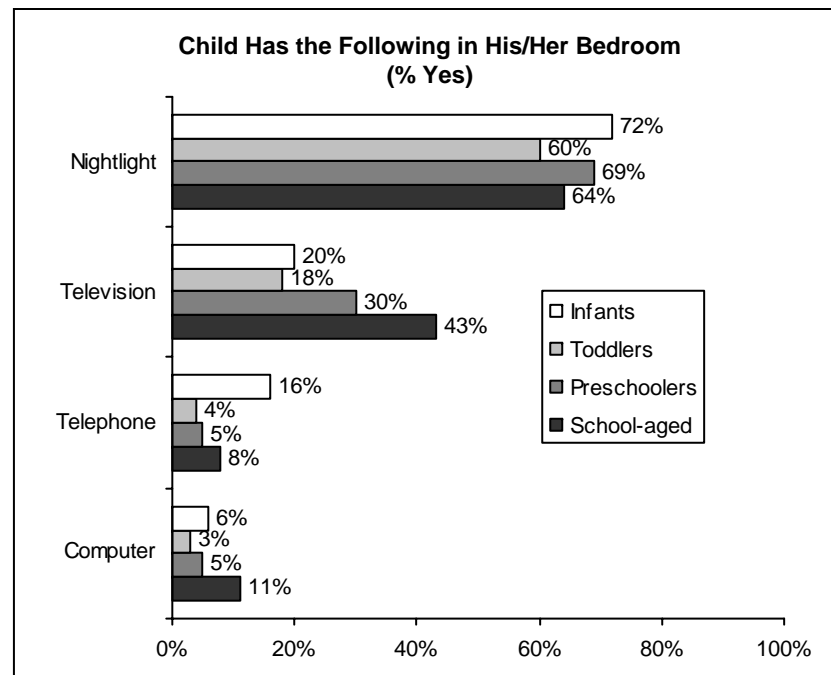
Base = Those able to rate (Infants n=210; Toddlers n=238; Preschoolers n=385; School-aged n=636)
Q.17

Sleep Environment

Sleep Environment: Child's Bedroom

Parents/Caregivers were asked about the presence of either a nightlight, television, telephone or computer in their child's bedroom.

- Most children have a nightlight in their bedroom (60%-72%).
- School-aged children are most likely to have a television in their bedroom (43%), however, 30% of preschoolers, 18% of toddlers and 20% of infants also have a television in their bedroom.
 - Children who have a TV in their room are more likely to get less sleep or be in the lower 25th sleep percentile (31% vs. 24%) and go to bed later, on average (9:12 p.m. vs. 8:53 p.m.) or more specifically, are more likely to go to bed between 10:00 p.m. and 10:59 p.m. (16% vs. 8%) compared to those who do not have a TV in their bedroom. Those who do not have a TV in their bedroom are more likely to get more sleep or fall into the upper 25th percentile (27% vs. 22%) compared to their counterparts.
 - Children who get less sleep are more likely to spend two or more hours watching TV at home compared to those who get more sleep (46% of the lower 25th sleep percentile vs. 37% of both the middle 50th and upper 25th percentiles).



Base = Those answering (Infants n=210; Toddlers n=239; Preschoolers n=387; School-aged n=637)
Q.15a-d

Sleep Environment: Sleep Location and Sleeping Arrangement

Parents/Caregivers were asked where their child typically falls asleep, sleeps most of the night and wakes up in the morning. These responses indicate that children's sleep environment remains fairly consistent, however, infants are more likely to change sleep location.

- School-aged children are the most likely to fall asleep (78% vs. 38%-63%), sleep most of the night (85% vs. 60%-76%) and wake up (83% vs. 59%-75%) in their own room and in their own bed.
- Most preschoolers fall asleep (62%), sleep most of the night (74%) and wake up (69%) in their own room in their own bed alone. About 10% fall asleep, 11% sleep most of the night and 16% wake up in the morning in their parents' room in their parents' bed.
- A majority of toddlers fall asleep in their own room where they sleep alone in their own bed (63%). An even greater number will sleep in their own room alone most of the night (76%), while 75% wake up in the morning in their own room alone. A smaller proportion of toddlers fall asleep (9%), sleep most of the night (8%) and wake up in the morning (11%) in their parents' room in their parents' bed.
- Many infants are likely to fall asleep in their own bed (38%), while the majority will spend most of the night (60%) and wake up in the morning (59%) in their own room and bed alone. Infants are more likely than older children to fall asleep (18%), spend most of the night (24%) and wake up in the morning (22%) in their parents' room, though not in their parents' bed. A smaller group of infants are also likely to fall asleep (11%), sleep most of the night (12%) and wake up in the morning (16%) in their parents' room in their parents' bed.

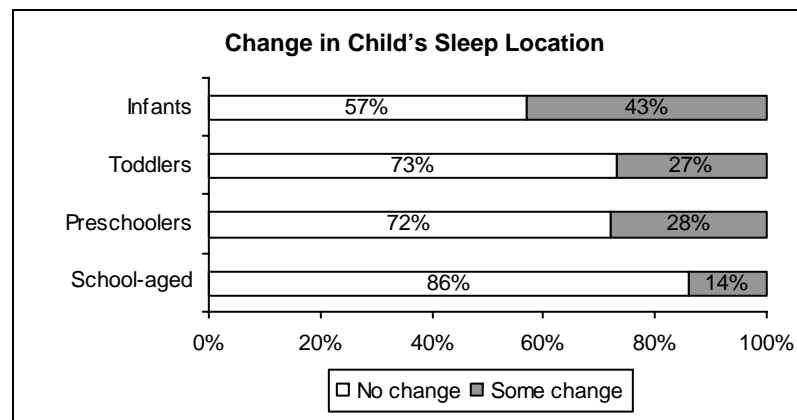
Sleep Location and Sleeping Arrangement						
		Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E	
<u>Place children fell asleep</u>		n=	(210)	(238)	(386)	(636)
	Own room in own bed alone		38%	63% ^B	62% ^B	78% ^{BCD}
	Own room in own bed with others		2	12 ^B	16 ^{BE}	9 ^B
	Parents' room in parents' bed		11 ^E	9 ^E	10 ^E	5
	Parents' room but not in parents' bed		18 ^{CDE}	5 ^{DE}	1	1
	Brother/Sister's room but not in their bed		-	3	3	3
	Brother/Sister's room in their bed		<1	<1	2 ^C	2
	Living room/Couch, sofa/Family room		9 ^{DE}	6 ^E	5	2
<u>Place children slept most of the night</u>		n=	(210)	(239)	(387)	(635)
	Own room in own bed alone		60%	76% ^B	74% ^B	85% ^{BCD}
	Own room in own bed with others		3	6	7 ^B	6 ^B
	Parents' room in parents' bed		12 ^E	8 ^E	11 ^E	4
	Parents' room but not in parents' bed		24 ^{CDE}	6 ^{DE}	2	1
	Brother/Sister's room but not in their bed		<1	3	4 ^B	3 ^B
	Brother/Sister's room in their bed		-	1	2	1
	Living room/Couch, sofa/Family room		-	-	1	<1
<u>Place children woke up in the morning</u>		n=	(210)	(239)	(387)	(636)
	Own room in own bed alone		59%	75% ^B	69% ^B	83% ^{BCD}
	Own room in own bed with others		2	5	6 ^B	6 ^B
	Parents' room in parents' bed		16 ^E	11 ^E	16 ^E	5
	Parents' room but not in parents' bed		22 ^{CDE}	6 ^{DE}	3	1
	Brother/Sister's room but not in their bed		<1	3	3 ^B	3 ^B
	Brother/Sister's room in their bed		-	1	2	2
	Living room/Couch, sofa/Family room		-	-	1	<1

Base = Those answering Q.24-24b

Sleep Environment: Sleep Location and Sleeping Arrangement (continued)

The responses to questions regarding where the child falls asleep, sleeps most of the night and wakes up in the morning were analyzed to determine whether the child's sleep location changed in a typical night.

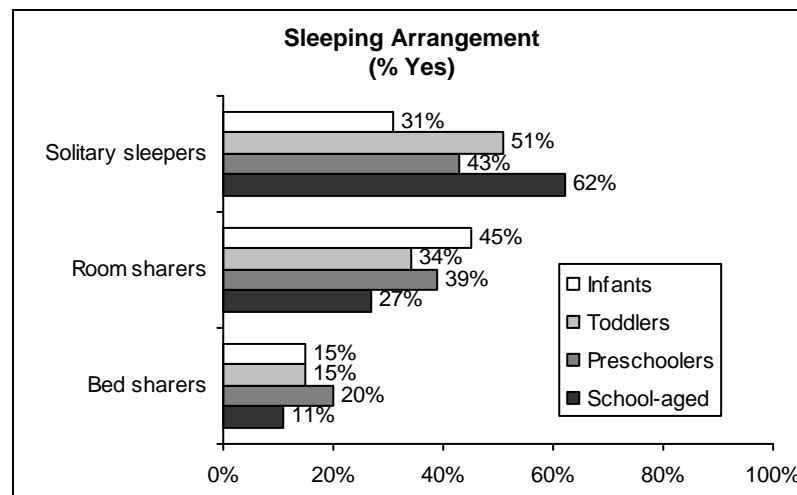
- The vast majority of school-aged children do not change their sleep location during the night (86%). However, 14% do change where they sleep.
- More than one-fourth of toddlers (27%) and preschoolers (28%) change their sleep locations.
- Infants are the most likely to experience some kind of change in where they sleep compared to their older counterparts (43% vs. 14%-28%).



Base = Those answering (Infants n=210; Toddlers n=239; Preschoolers n=387; School-aged n=637)
 Note: This chart shows children who fell asleep, slept most of the night and woke up in the same place vs. children who did not.
 Q.24-24b

The same questions were analyzed to determine whether their child is a *solitary sleeper* (children who sleep by themselves in their own bedroom), *room sharer* (children who share a room with someone else or sleep most of the night somewhere other than their own room alone) and/or *bed sharer* (children who share a room with someone else and sleep most of the night in a bed with someone else).

- The largest proportion of school-aged children (62%), preschoolers (43%) and toddlers (51%) sleep by themselves in their own bedroom. They are *solitary sleepers*. Some of the children in these age groups are *room sharers* (27% of school-aged, 39% preschoolers, 34% toddlers), while others are *bed sharers* (11% school-aged, 20% preschoolers, 15% toddlers).
- Infants (45%) are most likely to be *room sharers*, with 15% *bed sharers*. Only about one-third of infants (31%) are *solitary sleepers*.
- A sleep profile of each of these types of sleepers is provided in the profile section of this report.



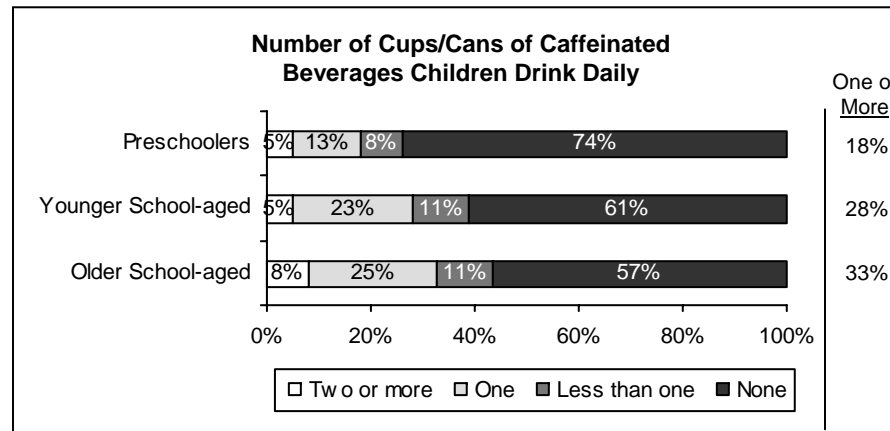
Base = Those answering (Infants n=210; Toddlers n=239; Preschoolers n=387; School-aged n=637)
 Note: Solitary sleepers are children who sleep by themselves in their own bedroom, room sharers are children who share a room with someone else or sleep most of the night somewhere other than their own room, and bed sharers are children who share a room with someone else and sleep most of the night in a bed with someone else.
 Q.13, 24a

Daytime Behavior

Daytime Behavior: Caffeinated Beverages

Parents/Caregivers were asked how many cups or cans of caffeinated beverages their child typically drinks per day. As children get older, they are more likely to drink one or more servings of caffeinated beverages each day. About one-fourth of all parents/caregivers surveyed (26%) said their child drinks one or more caffeinated beverages daily.

- One-third of all older school aged children (33%) drink one or more caffeinated beverages daily, with 8% drinking two or more per day.
- Twenty-eight percent (28%) of younger school-aged children and 18% of preschoolers typically drink one or more caffeinated beverages per day.
- Children in the lower 25th sleep percentile (35% vs. 22% of the middle 50th percentile and 19% of the upper 25th percentile), who get less than eight hours of sleep (41% vs. 12%-30% who get nine hours or more) and who go to bed after 10:00 p.m. (40% vs. 12%-29%) are the most likely to drink one or more cups or cans of caffeinated beverages per day.
- A sleep profile based on the number of cups or cans of caffeinated beverages a child drinks daily is provided in the profile section of this report.



Base = Children 3 years of age or older and answering
 (Preschoolers n=383; Younger School-aged n=383; Older School-aged n=252)
 Q.59

Parent's/Caregiver's Sleep Behavior

Parent's/Caregiver's Sleep Behavior: Hours Slept at Night

On average, parents/caregivers of children ten years old or younger sleep about seven hours (6.8) during the night, with the exception of parents/caregivers of children 0-2 months old (6.2 hours).

- A significant proportion of these parents/caregivers report getting less than seven hours of sleep a night (38%), with parents/caregivers of infants getting the least amount of sleep (49% less than seven hours).
- Parents/Caregivers whose child sleeps the least are twice as likely to say that they themselves sleep less than six hours a night (20% of the lower 25th sleep percentile vs. 11% of both the middle 50th and upper 25th percentiles).

	Total	Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E
n=	(1466)	(225)	(406)	(701)	(894)
Less than 6 hours	13%	18%	13%	14%	13%
6 to 6.9 hours	25	31	25	24	24
7 to 7.9 hours	33	24	32 ^B	33 ^B	36 ^B
8 to 8.9 hours	25	25	24	25	24
9 to 9.9 hours	3	2	4	4	2
10 hours or more	1	1	1	<1	<1
Mean (# of hours)	6.8	6.6	6.8	6.8	6.8
Median (# of hours)	7.0	7.0	7.0	7.0	7.0

Base = Those answering Q.60

When asked how many hours of sleep they need per night, the majority of parents/caregivers say they think they need between eight and nine hours of sleep (59%), more than one hour more than they get on average (7.9 vs. 6.8 hours).

	Total	Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E
n=	(1458)	(227)	(407)	(695)	(887)
Less than 6 hours	2%	2%	1%	1%	3% ^{CD}
6 to 6.9 hours	6	9	5	5	6
7 to 7.9 hours	15	11	13	16 ^B	17 ^B
8 to 8.9 hours	59	61	61	58	58
9 to 9.9 hours	11	11	12	13	10
10 hours or more	6	6	8	7	6
Mean (# of hours)	7.9	8.0	8.0 ^E	8.0 ^E	7.9
Median (# of hours)	8.0	8.0	8.0	8.0	8.0

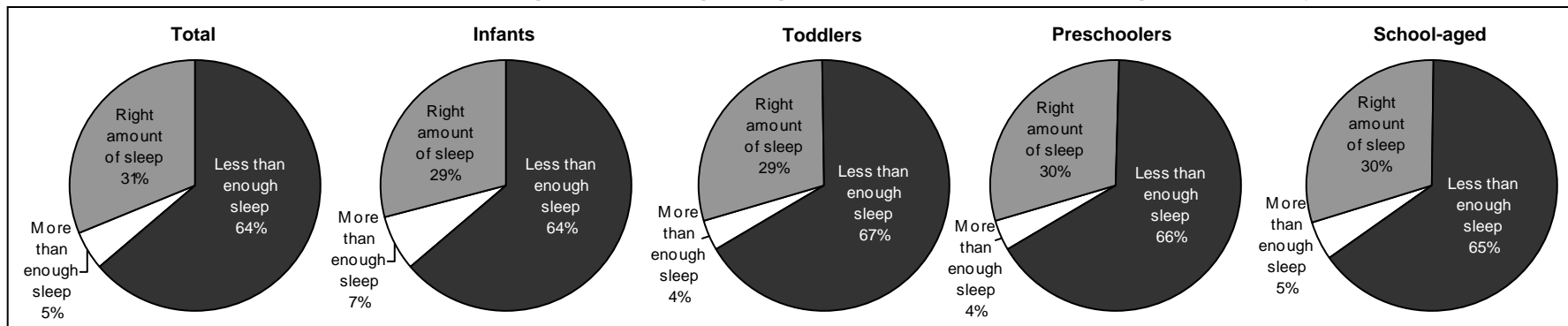
Base = Those answering Q.62

Parent's/Caregiver's Sleep Behavior: Hours Slept at Night (continued)

The number of hours parents/caregivers say they *actually* sleep at night was compared to how much sleep they *think* they need. The results are shown below.

- Most parents/caregivers get less sleep than they say they need. Almost two-thirds of parents/caregivers (64%) get fewer hours of sleep than what they think they need, while 31% get the right number of hours of sleep compared to what they think they need.

Amount of Sleep Parents/Caregivers Get During the Night vs. Hours of Sleep Parents/Caregivers Think They Need

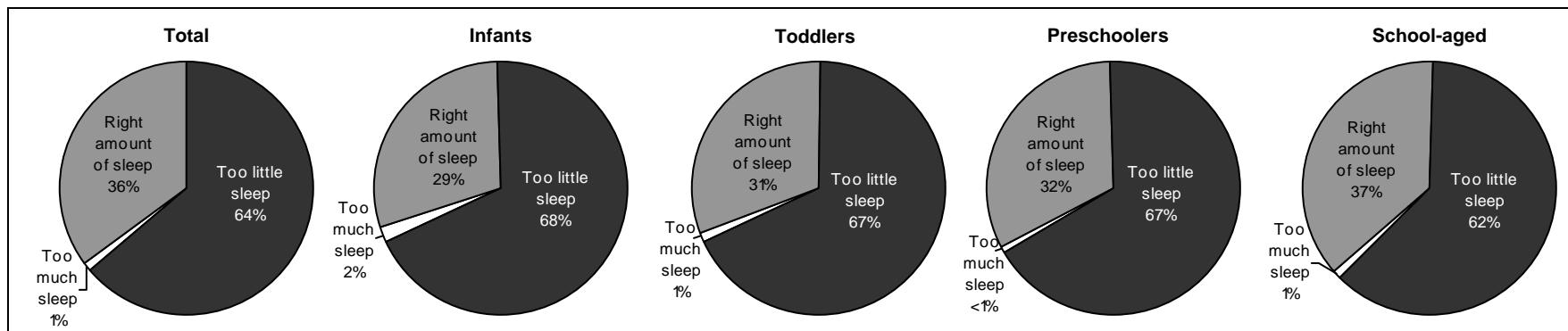


Base = Those answering (Total n=1457; Infants n=226; Toddlers n=406; Preschoolers n=696; School-aged n=888) Q.60/62

When asked directly if they get too little, too much or the right amount of sleep during the night, most parents/caregivers indicate they get too little sleep (64%), while 36% of parents/caregivers say they get the right amount of sleep.

Compared to the above data, parents/caregivers are likely to realize when they are actually getting too little sleep.

On Most Nights, Parents/Caregivers Say They Get Too Little, Too Much or the Right Amount of Sleep

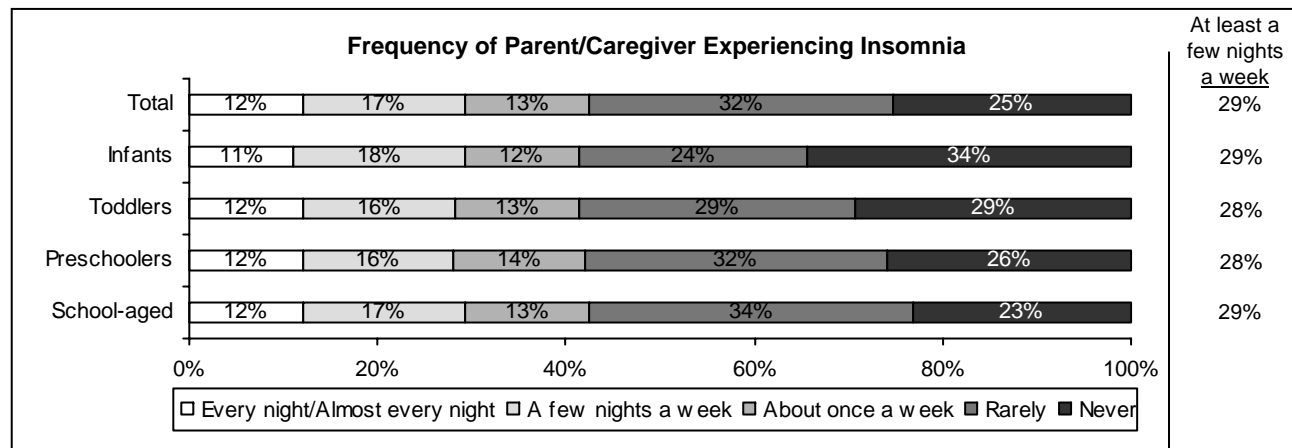


Base = Those answering (Total n=1469; Infants n=227; Toddlers n=407; Preschoolers n=701; School-aged n=895) Q.63

Parent's/Caregiver's Sleep Behavior: Insomnia

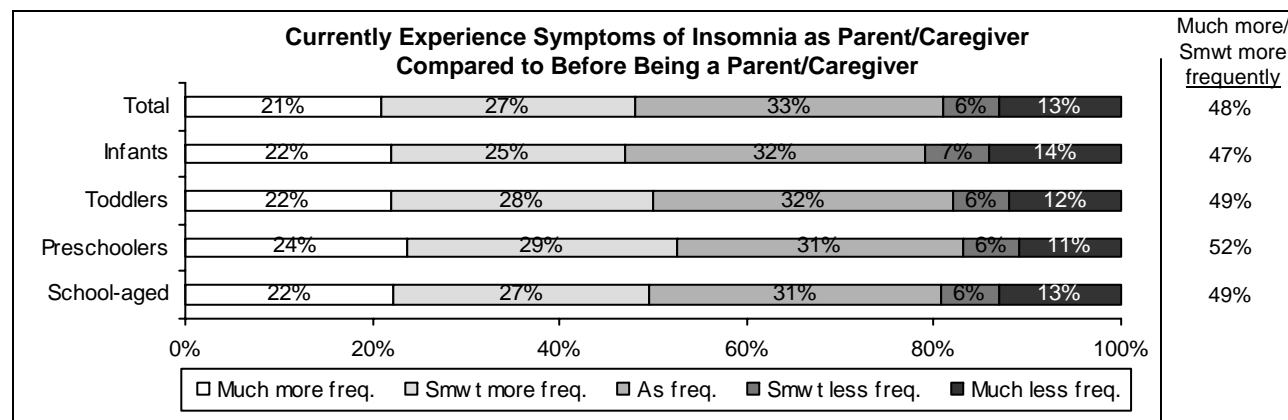
Parents/Caregivers were asked their frequency of experiencing insomnia. Insomnia is defined as any of the following symptoms: trouble falling asleep, trouble staying asleep, waking too early, or being unable to get back to sleep.

- Close to three in ten parents/caregivers (29%) report experiencing insomnia at least a few nights a week, with 12% of parents/caregivers experiencing insomnia every night or almost every night.



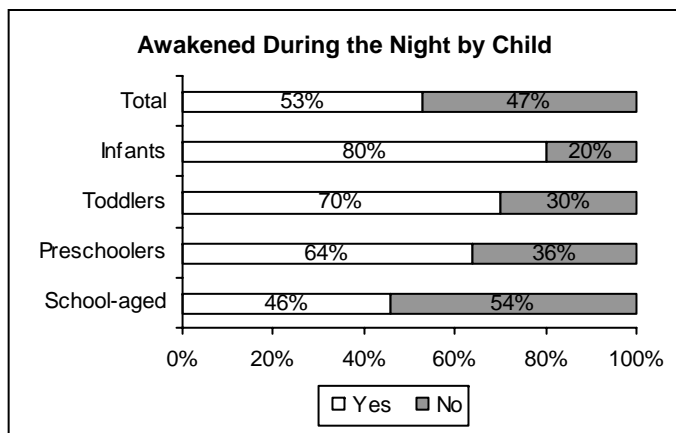
Base = Those able to rate (Total n=1470; Infants n=227; Toddlers n=407; Preschoolers n=701; School-aged n=895)
 Insomnia is defined as trouble falling asleep, trouble staying asleep, waking too early or being unable to get back to sleep
 Q.69

When asked to compare their frequency of having insomnia now as compared to before being a parent/caregiver, about one-half (48%) report that they currently experience symptoms of insomnia much more (21%) or somewhat more (27%) frequently than before they were a parent/caregiver. However, 18% say they experience these symptoms somewhat less or much less frequently.



Base = Those who experience insomnia and able to rate (Total n=1049; Infants n=144; Toddlers n=279; Preschoolers n=498; School-aged n=659)
 Q.70

Parent's/Caregiver's Sleep Behavior: Awakened by Children



Base = Those answering Q.65

Parents/Caregivers were asked how many nights their child awakens them and how much sleep they lose on average because of this.

- Most parents/caregivers of infants (80%), toddlers (70%), or preschoolers (64%) report being awakened at night at least one time per week by their child. In addition, close to one-half of the parents/caregivers of school-aged children say they are awakened at least one time during the week by their child (46%).
- Almost one-half of the parents/caregivers of infants are awakened six or seven nights a week (48%). When these parents are awakened, they lose an average of about 55 minutes of sleep per night (54.9 minutes).
- Parents/Caregivers of toddlers and preschoolers are awakened an average of two to three nights per week (2.8 and 2.3, respectively). These parents lose an average of about 35 minutes of sleep per night due to their child awakening them (34.8 toddlers, 33.3 preschoolers).
- Parents/Caregivers of school-aged children are awakened slightly more than one night per week (1.4), with an average sleep loss of about 30 minutes per night (29.8).

	Total	Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E
n=	(1457)	(226)	(403)	(696)	(888)
None	47%	20%	30% ^B	36% ^B	54% ^{BCD}
1 to 2 nights	25	17	26 ^B	28 ^B	26 ^B
3 to 5 nights	13	15	20 ^E	18 ^E	11
6 to 7 nights	15	48 ^{CDE}	24 ^{DE}	17 ^E	10
Mean (# of nights)	1.9	4.1 ^{CDE}	2.8 ^{DE}	2.3 ^E	1.4
Median (# of nights)	1.0	4.0	2.0	1.0	0.0

Base = Those answering Q.65

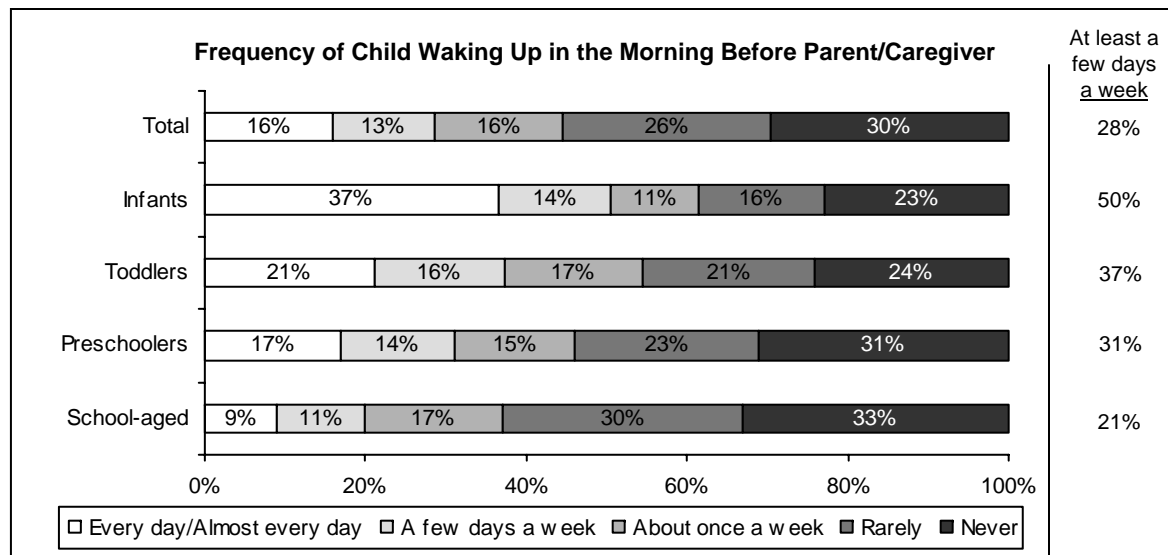
	Total	Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E
n=	(807)	(182)	(289)	(457)	(423)
None	8%	3%	7%	7% ^B	10% ^B
1 to 30 minutes	59	36	58 ^B	60 ^B	62 ^B
31 to 59 minutes	16	23 ^{DE}	18	16	16
1 to 2 hours	14	30 ^{CDE}	15 ^E	14 ^E	9
More than 2 hours	3	8 ^{CDE}	3	3	3
Mean (# of minutes)	33.1	54.9 ^{CDE}	34.8	33.3	29.8
Median (# of minutes)	15.5	45.0	15.5	15.5	15.5

Base = Those whose children awaken them at night and answering Q.66

Parent's/Caregiver's Sleep Behavior: Child Wakes Before Parent/Caregiver

When asked if their child wakes in the morning before the parents/caregivers, nearly three in ten (28%) mention this usually happens at least a few days a week.

- Infants are more likely to wake up in the morning before their parents/caregivers at least a few days a week (50%).
- About one-third of parents/caregivers of toddlers (37%) and preschoolers (31%) say their child wakes up in the morning before they do at least a few days a week.
- Twenty-one percent (21%) of parents/caregivers of school-aged children report that their child wakes up in the morning before they do a few days a week or more.

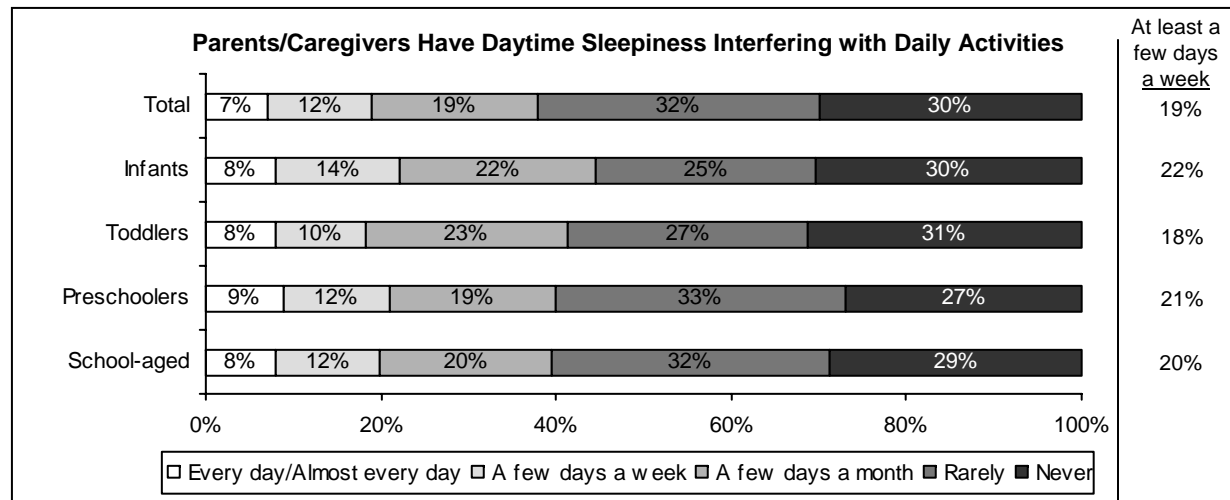


Base = Those able to rate (Total n=1468; Infants n=227; Toddlers n=405; Preschoolers n=701; School-aged n=894)
Q.68

Parent's/Caregiver's Sleep Behavior: Daytime Sleepiness

A significant proportion of parents/caregivers report having daytime sleepiness so severe at least a few days a week that it interferes with their daily activities (19%). Almost one in ten say they experience this level of daytime sleepiness every day or almost every day (7%).

- Parents/Caregivers who report rarely or never having daytime sleepiness tend to get more sleep at night on average (6.9 hours), while those who say they experience daytime sleepiness at least a few days a week tend to get less sleep (6.4 hours).

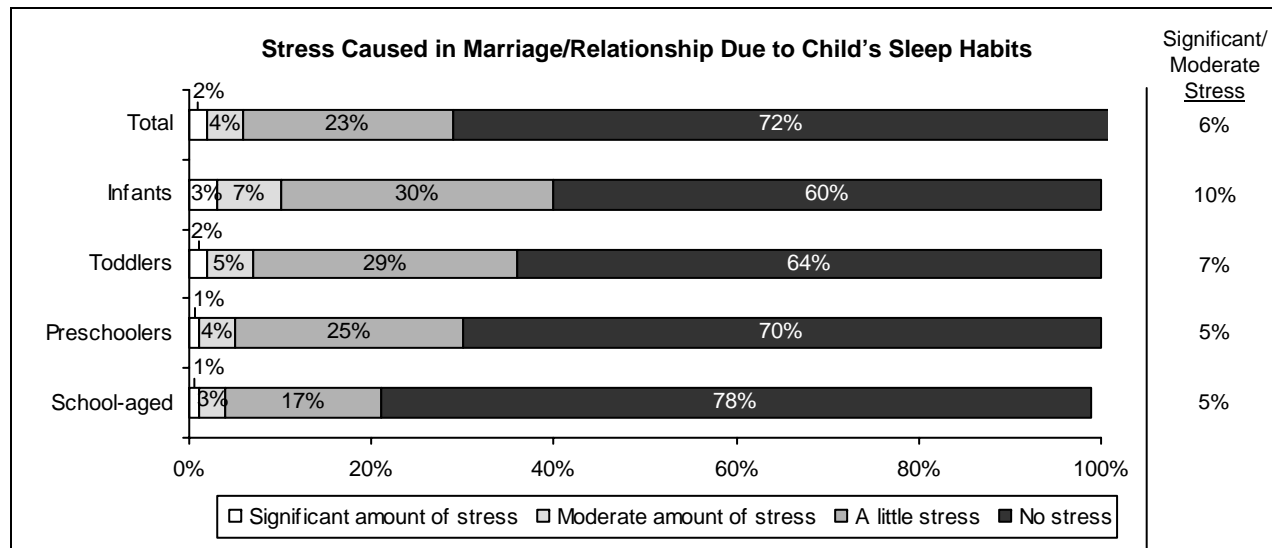


Base = Those able to rate (Total n=1468; Infants n=227; Toddlers n=407; Preschoolers n=700; School-aged n=894)
Q.64

Parent's/Caregiver's Sleep Behavior: Stress Caused in Marriage/Relationship

Parents/Caregivers were asked how much stress their child's sleep habits cause in their marriage or relationship.

- Some parents/caregivers (6%) report that their child's sleep habits cause a moderate or significant amount of stress on their marriage or relationship.
- Parents/Caregivers who have an infant in their household tend to be more likely to say their child's sleep causes a significant or moderate amount of stress (10%) compared to households with older children (7% toddlers, 5% preschoolers, 5% school-aged).



Base = Those who are married or in a relationship and able to rate (Total n=1454; Infants n=226; Toddlers n=405; Preschoolers n=692; School-aged n=886)
Q.72

Characteristics

Characteristics

Some key characteristics of the parents/caregivers who were interviewed and their household include:

- More than seven in ten parents/caregivers are either the mother or stepmother of the child (72%).
- More than one-half of the parents/caregivers (55%) consider themselves the primary caregiver while the remaining 45% share equally in the childcare.
- The majority of parents/caregivers are married (91%).
- The parents'/caregivers' average age is 36 years old (36.1).
- The majority have at least some college education (74%).
- The average household income is \$72,840 a year (median of \$57,500).
- A sizable proportion of parents/caregivers do not work (29%). However, parents/caregivers who work, do so an average of 38 hours a week (37.7).
- The parents/caregivers report that their spouse works an average of 40 hours a week (40.1).
- Together, the parents/caregivers and their spouses work an average of 67 hours a week (66.6).
- Nine in ten parents/caregivers are White/Caucasian (90%).
- Two-thirds of the families have four or five people living in their household (67%).

The characteristics of the child who was profiled include:

- An almost equal proportion of male (51%) and female (49%) children were analyzed. There are no significant gender differences for any of the sleep variables throughout this report.

Profiles

Profiles: Sleep Percentiles

Children's sleep percentiles were determined as follows: The number of respondents in each of five age categories (infants, toddlers, preschoolers, younger school-aged and older school-aged) were divided into four equal sections (percentiles) based on their responses to questions 6 and 7 (which determined how much children slept in a typical 24-hour period in the previous two weeks). The upper 25th sleep percentile is based on children who slept the most in a typical 24-hour period in their age group, while the lower 25th sleep percentile is based on children who slept the least in their age group. The middle 50th sleep percentile consists of the remaining children. The following is a profile of children's sleep habits based on their percentile, that is in each age group if they fall into the lower 25th, middle 50th or upper 25th sleep percentile of hours of sleep in a 24-hour period.

- Children in the lower 25th sleep percentile tend to sleep less in a 24-hour period than those in the middle 50th and upper 25th percentiles (8.8 vs. 10.5 and 12.1 hours) as well as at night (8.1 vs. 9.7 and 10.6 hours).
- Children in the upper 25th sleep percentile are more likely to nap every day or almost every day compared to those in the lower 25th or middle 50th percentile (41% vs. 30% and 33%).
- Children in the lower 25th percentile are more likely than those in the middle 50th or upper 25th percentile to experience some change in their sleep location (33% vs. 20% and 16%).
- On average, children in the lower 25th sleep percentile take more time to fall asleep than children in the middle 50th or upper 25th percentiles (21.2 vs. 15.0 and 14.9 minutes).
- Parents/Caregivers of children in the lower 25th sleep percentile are nearly twice as likely than those in the middle 50th or upper 25th percentiles to think their child has a sleep problem (15% vs. 8% each).
- While the existence of any sleep problem is prevalent among children in each of the three percentiles, parents/caregivers of children in the lower 25th sleep percentile are more likely than those in the middle 50th or upper 25th percentile to report that their child has any sleep problems at least a few nights a week (63% vs. 50% and 45%). Specifically, children in the lower 25th sleep percentile are more likely than those in the middle 50th or upper 25th percentiles to report that their children: resist going to bed at bedtime (29% vs. 19% and 16%), have difficulty falling asleep at bedtime (22% vs. 11% and 12%), seem sleepy or overtired during the day (28% vs. 18% and 15%) and/or have nighttime fears (11% vs. 6% each).
- Children in the lower 25th sleep percentile are more likely to share a room (41% vs. 32% and 28%) or a bed (19% vs. 14% and 10%) compared to those in the middle 50th or upper 25th percentiles.
- Children in the lower 25th sleep percentile are twice as likely to wake two or more times compared to children in the middle 50th or upper 25th percentiles (12% vs. 6% and 4%). Parents/Caregivers of children in the middle 50th or upper 25th percentiles are more likely to report that their child does not wake up during the night and need help or attention, compared to those with children in the lower 25th percentile (70% and 74% vs. 63%).

Profiles: Sleep Percentiles (continued)

	Children's Sleep Percentile ¹		
	Child's Sleep Percentile ¹		
	Lower 25% ^B	Middle 50% ^C	Upper 25% ^D
n=	(390)	(679)	(376)
<u>Hours Child Slept in 24 Hours</u>			
Mean (# of hours)	8.8	10.5 ^B	12.1 ^{BC}
<u>Hours Child Slept at Night</u>			
Mean (# of hours)	8.1	9.7 ^B	10.6 ^{BC}
<u>Child's Naps</u>			
Every day or almost every day	30%	33%	41% ^{BC}
<u>Change in Sleep Location</u>			
No change	67%	80% ^B	84% ^B
Some change	33 ^{CD}	20	16
<u>Time It Took Child to Fall Asleep</u>			
Mean (# of minutes)	21.2 ^{CD}	15.0	14.9
<u>Given Child Medication to Help Sleep</u>			
Yes	5%	3%	3%
<u>Age Category</u>			
Infants	9%	10%	7%
Toddlers	22 ^C	15	19
Preschoolers	24	30 ^B	27
School-aged	45	45	47

¹Child's sleep percentile is based on hours slept in a 24 hour period within each age range

	Children's Sleep Percentile ¹		
	Child's Sleep Percentile ¹		
	Lower 25% ^B	Middle 50% ^C	Upper 25% ^D
n=	(390)	(679)	(376)
<u>Think Child Has a Sleep Problem</u>			
Yes	15% ^{CD}	8%	8%
<u>Child Has Sleep Problems at Least a Few Days/Nights a Week</u>			
One or more sleep problems ²	63% ^{CD}	50%	45%
Resist going to bed at bedtime	29 ^{CD}	19	16
Have trouble breathing while sleeping	9 ^D	11 ^D	5
Snore	19 ^D	15	12
Have difficulty falling asleep at bedtime	22 ^{CD}	11	12
Wake too early in the morning	15 ^D	10	10
Seem sleepy/overtired during the day	28 ^{CD}	18	15
Complain of uncomfortable feelings in legs	6 ^D	5 ^D	2
Have nighttime fears	11 ^{CD}	6	6
<u>Sleeping Arrangement</u>			
Solitary sleeper	57%	65% ^B	70% ^B
Room sharer	41 ^{CD}	32	28
Bed sharer	19 ^{CD}	14 ^D	10
<u># of Times Child Woke During the Night and Needed Help or Attention</u>			
Did not wake	63%	70% ^B	74% ^B
One time	25	23	21
Two or more times	12 ^{CD}	6	4

²One or more sleep problems include the eight behaviors listed above

Profiles: Children's Actual Sleep vs. Children's Needed Sleep

The hours children sleep at night and in the daytime were added to determine their sleep in a 24-hour period. The data were then compared with how much sleep the parents/caregivers think their child needs in a 24-hour period. The following is a profile of these children's sleep habits based on whether the child gets less than enough, the right amount, or more than enough sleep according to their parents/caregivers standards.

- Children who get less than enough sleep according to their parents/caregivers get less sleep in a 24-hour period (9.9 vs. 10.3 and 11.2 hours) and less sleep at night (8.8 vs. 9.7 and 9.9) than do children who get the right amount of sleep or more than enough sleep. Children who get more than enough sleep also get more sleep during a 24-hour period (11.2 vs. 10.3) and at night (9.9 vs. 9.7) than those who get the right amount of sleep.
- Children who get less than enough sleep are more likely than their counterparts to be in the lower 25th sleep percentile (45% vs. 22% and 14%), children who get the right amount of sleep are more likely than their counterparts to be in the middle 50th percentile (55% vs. 42% each) and those who get more than enough sleep are more likely than their counterparts to be in the upper 25th percentile (45% vs. 13% and 22%).
- Children who get the right amount of sleep are the least likely to take a nap every day or almost every day (26% vs. 38% and 39%).
- Those who get the right amount of sleep are the most likely to experience no change in their sleep locations (82% vs. 72% and 77%), while those who get less than enough sleep and more than enough sleep are more likely to experience some change (28% and 23% vs. 18%).
- Children who get less than enough sleep are more likely to take longer to fall asleep, on average, than those who get the right amount or more than enough sleep (18.5 vs. 15.8 and 15.9 minutes).
- Children who get less than enough sleep are more likely than their counterparts to have a parent/caregiver report that they think the child has a sleep problem (16% vs. 7% and 8%). In fact, children who get less than enough sleep are also more likely than their counterparts to have reported a sleep problem at least a few nights a week (66% vs. 46% and 47%), including: seeming sleepy or overtired during the day (32% vs. 17% and 12%), resisting going to bed (29% vs. 17% and 18%), having difficulty falling asleep (22% vs. 11% each), waking too early in the morning (16% vs. 11% and 8%) and complaining of uncomfortable feelings in their legs (8% vs. 2% and 4%). These children are also more likely to have trouble breathing while sleeping (11% vs. 6%) and to have nighttime fears (10% vs. 5%) than those who get more than enough sleep.
- Children who get the right amount of sleep or more than enough sleep are more likely to not wake during the night and need attention compared to those who get less than enough sleep (73% each vs. 62%).

Profiles: Children's Actual Sleep vs. Children's Needed Sleep (continued)

Amount of Sleep Children Get vs. Hours Children Need According to Parent/Guardian			
	Sleep Child Gets vs. Needs		
	Less than enough ^B	Right amount ^C	More than enough ^D
n=	(465)	(524)	(436)
<u>Hours Child Slept in 24 Hours</u>			
Mean (# of hours)	9.9	10.3 ^B	11.2 ^{BC}
<u>Hours Child Slept at Night</u>			
Mean (# of hours)	8.8	9.7 ^B	9.9 ^{BC}
<u>Child's Sleep Percentile*</u>			
Lower 25%	45% ^{CD}	22% ^D	14%
Middle 50%	42	55 ^{BD}	42
Upper 25%	13	22 ^B	45 ^{BC}
<u>Child's Naps</u>			
Every day or almost every day	39% ^C	26%	38% ^C
<u>Change in Sleep Location</u>			
No change	72%	82% ^{BD}	77%
Some change	28 ^C	18	23 ^C
<u>Time It Took Child to Fall Asleep</u>			
Mean (# of minutes)	18.5 ^{CD}	15.8	15.9
<u>Given Child Medication to Help Sleep</u>			
Yes	3%	4%	2%
<u>Age Category</u>			
Infants	14% ^{CD}	5%	8%
Toddlers	19 ^C	14	22 ^C
Preschoolers	28	28	27
School-aged	39	53 ^{BD}	43

*Child's sleep percentile is based on hours slept in a 24 hour period within each age range

Amount of Sleep Children Get vs. Hours Children Need According to Parent/Guardian			
	Sleep Child Gets vs. Needs		
	Less than enough ^B	Right amount ^C	More than enough ^D
n=	(465)	(524)	(436)
<u>Think Child Has a Sleep Problem</u>			
Yes	16% ^{CD}	8%	7%
<u>Child Has Sleep Problems at Least a Few Days/Nights a Week</u>			
One or more sleep problems ¹	66% ^{CD}	47%	46%
Resist going to bed at bedtime	29 ^{CD}	18	17
Have trouble breathing while sleeping	11 ^D	10	6
Snore	15	17	15
Have difficulty falling asleep at bedtime	22 ^{CD}	11	11
Wake too early in the morning	16 ^{CD}	8	11
Seem sleepy/overtired during the day	32 ^{CD}	12	17
Complain of uncomfortable feelings in legs	8 ^{CD}	4	2
Have nighttime fears	10 ^D	7	5
<u>Sleeping Arrangement</u>			
Solitary sleeper	62%	64%	66%
Room sharer	35	33	31
Bed sharer	15	15	13
<u># of Times Child Woke During the Night and Needed Help or Attention</u>			
Did not wake	62%	73% ^B	73% ^B
One time	27 ^D	23	20
Two or more times	11 ^{CD}	4	7 ^C

¹One or more sleep problems include the eight behaviors listed above

Profiles: Parents/Caregivers Think Child Has a Sleep Problem

The following is a profile of children's sleep habits based on whether their parent/caregiver thinks they have a sleep problem.

- Children whose parents/caregivers think they have a sleep problem get less sleep in a 24-hour period (9.9 vs. 10.5 hours) and less sleep at night (9.0 vs. 9.6 hours) than do children who do not have a sleep problem according to their parent/caregiver.
- Children whose parents/caregivers think they have a sleep problem are more likely than their counterparts to be in the lower 25th sleep percentile (40% vs. 25%), while those viewed with no sleep problems are more likely to be in the middle 50th percentile (47% vs. 38%).
- Those who do have a sleep problem are more likely to experience some change (33% vs. 21%), while those who think their child does not have a sleep problem are more likely to say their child experiences no change in their sleep location (79% vs. 67%).
- Children whose parents think they have a sleep problem are more likely to take longer to fall asleep than those who do not, on average (24.2 vs. 15.8 minutes). These children are five times as likely to be given a sleep medication to help them sleep (11% vs. 2%).
- Parents/Caregivers who think their child has a sleep problem are more likely than their counterparts to say their child experiences one or more sleep problems at least a few nights a week (81% vs. 49%), including: difficulty falling asleep at bedtime (41% vs. 11%), sleepy or overtired during the day (41% vs. 17%), resisting going to bed at bedtime (40% vs. 18%), snoring (24% vs. 15%), nighttime fears (24% vs. 5%), trouble breathing while sleeping (20% vs. 8%) and/or waking too early in the morning (20% vs. 10%).
- Those who have reported sleep problems are more likely than their counterparts to be a bed sharer (23% vs. 13%) while parents/caregivers who do not think their child has a sleep problem are more likely to say their child is a solitary sleeper (65% vs. 55%).
- Children whose parents/caregivers think their child does not have a sleep problem are more likely to say their child does not wake during the night and need help or attention (72% vs. 47%).

Profiles: Parents/Caregivers Think Child Has a Sleep Problem (continued)

	Thinks Child Has a Sleep Problem	
	Yes ^B	No ^C
n=	(145)	(1314)
<u>Hours Child Slept in 24 Hours</u>		
Mean (# of hours)	9.9	10.5 ^B
<u>Hours Child Slept at Night</u>		
Mean (# of hours)	9.0	9.6 ^B
<u>Child's Sleep Percentile*</u>		
Lower 25%	40% ^C	25%
Middle 50%	38	47 ^B
Upper 25%	20	27
<u>Child's Naps</u>		
Every day or almost every day	29%	35%
<u>Change in Sleep Location</u>		
No change	67%	79% ^B
Some change	33 ^C	21
<u>Time It Took Child to Fall Asleep</u>		
Mean (# of minutes)	24.2 ^C	15.8
<u>Given Child Medication to Help Sleep</u>		
Yes	11% ^C	2%
<u>Age Category</u>		
Infants	6%	9%
Toddlers	19	18
Preschoolers	28	28
School-aged	48	45

*Child's sleep percentile is based on hours slept in a 24 hour period within each age range

	Thinks Child Has a Sleep Problem	
	Yes ^B	No ^C
n=	(145)	(1314)
<u>Child Has Sleep Problems at Least a Few Days/Nights a Week</u>		
One or more sleep problems ¹	81% ^C	49%
Resist going to bed at bedtime	40 ^C	18
Have trouble breathing while sleeping	20 ^C	8
Snore	24 ^C	15
Have difficulty falling asleep at bedtime	41 ^C	11
Wake too early in the morning	20 ^C	10
Seem sleepy/overtired during the day	41 ^C	17
Complain of uncomfortable feelings in legs	9	4
Have nighttime fears	24 ^C	5
<u>Sleeping Arrangement</u>		
Solitary sleeper	55%	65% ^B
Room sharer	40	33
Bed sharer	23 ^C	13
<u># of Times Child Woke During the Night and Needed Help or Attention</u>		
Did not wake	47%	72% ^B
One time	36 ^C	22
Two or more times	17 ^C	6

¹One or more sleep problems include the eight behaviors listed above

Profiles: Children Experience One or More Sleep Related Behaviors

Parents/Caregivers were read a number of sleep related behaviors to see how often their child has experienced any of the behaviors. The following is a profile of children's sleep habits based on whether the child has experienced one or more of the sleep related behaviors at least a few days/nights a week. Children who experience sleep related behaviors are most likely to be school-aged (45%) or preschoolers (31%) as compared to infants (8%) or toddlers (16%). Nearly seven in ten (69%) parents/caregivers say their child experiences one or more of the sleep related behaviors listed in question 22.

- Children who experience these behaviors at least a few days/nights a week tend to get less sleep in a 24-hour period (10.3 vs. 10.9 hours) and at night (9.4 vs. 9.8 hours) than their counterparts.
- Children who experience any of the sleep related behaviors at least a few days/nights a week are more likely to be in the lower 25th sleep percentile than those who do not experience these behaviors (30% vs. 19%). Conversely, those who do not experience any of the sleep related behaviors are more likely to be in the upper 25th percentile (30% vs. 24%).
- Children who experience one or more sleep related behaviors are less likely to take naps every day or almost every day than those who do not (32% vs. 39%).
- Children who experience any of the sleep related behaviors at least a few days/nights a week are more likely to experience some change in their sleep location than those who do not experience these sleep related behaviors (25% vs. 17%).
- On average, children who experience one or more sleep related behaviors take more time to fall asleep than children who do not (18.5 vs. 12.6 minutes).
- Parents/Caregivers whose child experiences any of the sleep related behaviors at least a few days/nights a week are more than four times as likely to think their child has a sleep problem (13% vs. 3%) as children who do not.
- Parents/Caregivers of children who do not experience any of the sleep related behaviors are more likely to report that their child does not wake up during the night and need help or attention (76% vs. 66%), compared to those whose child does experience a sleep related behavior.

Profiles: Children Experience One or More Sleep Related Behaviors (continued)

	Behaviors	
	Yes ^B	No ^C
	n= (1016)	(457)
<u>Hours Child Slept in 24 Hours</u>		
Mean (# of hours)	10.3	10.9 ^B
<u>Hours Child Slept at Night</u>		
Mean (# of hours)	9.4	9.8 ^B
<u>Child's Sleep Percentile¹</u>		
Lower 25%	30% ^C	19%
Middle 50%	44	49
Upper 25%	24	30 ^B
<u>Child's Naps</u>		
Every day or almost every day	32%	39% ^B
<u>Change in Sleep Location</u>		
No change	75%	83% ^B
Some change	25 ^C	17
<u>Time It Took Child to Fall Asleep</u>		
Mean (# of minutes)	18.5 ^C	12.6
<u>Given Child Medication to Help Sleep</u>		
Yes	4%	2%
<u>Age Category</u>		
Infants	8%	12% ^B
Toddlers	16	22 ^B
Preschoolers	31 ^C	21
School-aged	45	45

*Child has one or more sleep related behaviors listed in question 22 at least a few nights a week

¹Child's sleep percentile is based on hours slept in a 24 hour period within each age range

	Behaviors	
	Yes ^B	No ^C
	n= (1016)	(457)
<u>Think Child Has a Sleep Problem</u>		
Yes	13% ^C	3%
<u>Child Has Sleep Problems at Least a Days/Few Nights a Week</u>		
One or more sleep problems ²	75%	-%
Resist going to bed at bedtime	30	-
Have trouble breathing while sleeping	13	-
Snore	22	-
Have difficulty falling asleep at bedtime	20	-
Wake too early in the morning	16	-
Seem sleepy/overtired during the day	29	-
Complain of uncomfortable feelings in legs	6	-
Have nighttime fears	10	-
<u>Sleeping Arrangement</u>		
Solitary sleeper	63%	66%
Room sharer	35	30
Bed sharer	15	14
<u># of Times Child Woke During the Night and Needed Help or Attention</u>		
Did not wake	66%	76% ^B
One time	26 ^C	18
Two or more times	8	6

²One or more sleep problems include the eight behaviors listed above

Profiles: Children Put into Crib/Bed Asleep or Awake

The following is a profile of infants' or toddlers' sleep habits based on whether they tend to be asleep or awake when they are put to bed.

- Infants or toddlers who are put to bed asleep tend to sleep less at night than those who are put to bed awake (8.8 vs. 9.9 hours).
- Infants or toddlers who are put to bed asleep are more likely than those who are put to bed awake to be in the lower 25th sleep percentile (43% vs. 25%). Conversely, those who are put to bed awake are more likely to be in the upper 25th percentile (29% vs. 16%).
- Infants or toddlers who are put to bed asleep are more likely than those who are put to bed awake to experience some change in their sleep location (69% vs. 15%).
- Parents/Caregivers of children who are put to bed asleep are about twice as likely to report that their child: wakes too early in the morning (26% vs. 14%), has difficulty falling asleep at bedtime (21% vs. 11%) and/or snores (15% vs. 6%).
- Infants or toddlers who are put to bed asleep are more likely to share a room (51% vs. 32%), while those who are put to bed awake are more likely to be solitary sleepers (66% vs. 46%).
- Parents/Caregivers of infants or toddlers who are put to bed awake are more likely to report their child does not wake up during the night and need help or attention (53% vs. 29%), compared to those who are put to bed asleep. Conversely, infants or toddlers who are put to bed asleep are nearly three times as likely to wake two or more times compared to those who are put to bed awake (37% vs. 13%).

Profiles: Children Put into Crib/Bed Asleep or Awake (continued)

	Children Are Put to Bed	
	Asleep ^B	Awake ^C
n=	(156)	(283)
<u>Hours Child Slept in 24 Hours</u>		
Mean (# of hours)	11.9	12.2
<u>Hours Child Slept at Night</u>		
Mean (# of hours)	8.8	9.9 ^B
<u>Child's Sleep Percentile¹</u>		
Lower 25%	43% ^C	25%
Middle 50%	38	44
Upper 25%	16	29 ^B
<u>Child's Naps</u>		
Every day or almost every day	95%	91%
<u>Change in Sleep Location</u>		
No change	31	85% ^B
Some change	69 ^C	15
<u>Time It Took Child to Fall Asleep</u>		
Mean (# of minutes)	15.4	15.4
<u>Given Child Medication to Help Sleep</u>		
Yes	5%	4%
<u>Age Category</u>		
Infants	57% ^C	22%
Toddlers	43	78 ^B

¹Child's sleep percentile is based on hours slept in a 24 hour period within each age range
na=Not asked
Excludes Preschoolers and School-aged children

	Children Are Put to Bed	
	Asleep ^B	Awake ^C
n=	(156)	(283)
<u>Think Child Has a Sleep Problem</u>		
Yes	8%	10%
<u>Child Has Sleep Problems at Least a Few Days/Nights a Week</u>		
One or more sleep problems ²	60%	50%
Resist going to bed at bedtime	20	22
Have trouble breathing while sleeping	8	6
Snore	15 ^C	6
Have difficulty falling asleep at bedtime	21 ^C	11
Wake too early in the morning	26 ^C	14
Seem sleepy/overtired during the day	24	27
Complain of uncomfortable feelings in legs	na	na
Have nighttime fears	na	na
<u>Sleeping Arrangement</u>		
Solitary sleeper	46%	66% ^B
Room sharer	51 ^C	32
Bed sharer	20	13
<u># of Times Child Woke During the Night and Needed Help or Attention</u>		
Did not wake	29%	53% ^B
One time	34	34
Two or more times	37 ^C	13

²One or more sleep problems include the eight behaviors listed above

Profiles: Sleeping Arrangement

Parents/Caregivers were asked a series of questions regarding where their child falls asleep, sleeps most of the night and wakes up in the morning. These questions were analyzed to determine whether their child is a *solitary sleeper* (children who sleep by themselves in their own room), *room sharer* (children who share a room with someone else or sleep most of the night somewhere other than their own room) or a *bed sharer* (children who share a room with someone else or sleep most of the night in a bed with someone else). The following is a profile of children's sleep habits based on whether they share a room, share a bed, or are a solitary sleeper.

- Children who are solitary sleepers are more likely to get more sleep on average during the night than their counterparts who share a room or bed (9.7 vs. 9.3 hours each).
- Those who share a room or a bed are more likely than solitary sleepers to be in the lower 25th sleep percentile (32% and 35% vs. 21%). Furthermore, children who are solitary sleepers are more likely than those who share a room or a bed to be in the upper 25th percentile (31% vs. 22% and 18%).
- Children who share a room are more likely to nap every day or almost every day compared to solitary sleepers (37% vs. 30%).
- On average, room sharers take longer to fall asleep than solitary sleepers (18.3 vs. 15.7 minutes).
- Parents/Caregivers of room sharers and bed sharers are more likely than parents/caregivers of solitary sleepers to feel their child has a sleep problem (12% and 16% vs. 8%).
- While the existence of any sleep problem is equally prevalent among children in each of the three sleep locations, those who share a room or a bed are more likely than solitary sleepers to resist going to bed at bedtime (26% and 28% vs. 15%), have difficulty falling asleep at bedtime (17% and 18% vs. 11%) and/or to seem sleepy or overtired during the day (22% and 24% vs. 17%) at least a few days/nights a week. In addition, room sharers are more likely than solitary sleepers to wake too early in the morning (14% vs. 9%).
- Room sharers and bed sharers are about three times as likely than solitary sleepers to wake up two or more times during the night and need help or attention (13% each vs. 3%). Solitary sleepers are more likely than room sharers and bed sharers to not wake up during the night and need attention (77% vs. 64% and 60%).

Profiles: Sleeping Arrangement (continued)

Sleeping Arrangement	Sleeping Arrangement		
	n=	Room sharers ^B (503)	Bed sharers ^C (212)
<u>Hours Child Slept in 24 Hours</u>			
Mean (# of hours)	10.4	10.4	10.5
<u>Hours Child Slept at Night</u>			
Mean (# of hours)	9.3	9.3	9.7 ^{BC}
<u>Child's Sleep Percentile*</u>			
Lower 25%	32% ^D	35% ^D	21%
Middle 50%	44	45	47
Upper 25%	22	18	31 ^{BC}
<u>Child's Naps</u>			
Every day or almost every day	37% ^D	35%	30%
<u>Change in Sleep Location</u>			
No change	71%	67%	100% ^{BC}
Some change	29	33	-
<u>Time It Took Child to Fall Asleep</u>			
Mean (# of minutes)	18.3 ^D	17.5	15.7
<u>Given Child Medication to Help Sleep</u>			
Yes	3%	3%	3%
<u>Age Category</u>			
Infants	12% ^D	9%	5%
Toddlers	18	19	18
Preschoolers	32 ^D	38 ^D	23
School-aged	37	34	54 ^{BC}

*Child's sleep percentile is based on hours slept in a 24 hour period within each age range

Sleeping Arrangement	Sleeping Arrangement		
	n=	Room sharers ^B (503)	Bed sharers ^C (212)
<u>Think Child Has a Sleep Problem</u>			
Yes	12% ^D	16% ^D	8%
<u>Child Has Sleep Problems at Least a Few Days/Nights a Week</u>			
One or more sleep problem ¹	55% ^D	53%	46%
Resist going to bed at bedtime	26 ^D	28 ^D	15
Have trouble breathing while sleeping	9	11	8
Snore	15	12	13
Have difficulty falling asleep at bedtime	17 ^D	18 ^D	11
Wake too early in the morning	14 ^D	11	9
Seem sleepy/overtired during the day	22 ^D	24 ^D	17
Complain of uncomfortable feelings in legs	6	6	4
Have nighttime fears	7	10	6
<u># of Times Child Woke During the Night and Needed Help or Attention</u>			
Did not wake	64%	60%	77% ^{BC}
One time	23	27	20
Two or more times	13 ^D	13 ^D	3

¹One or more sleep problems include the eight behaviors listed above

Profiles: Caffeinated Beverages

The following is a profile of sleep habits of children three years of age or older based on whether they consume any caffeinated beverages during the day.

- Preschoolers and school-aged children who do not consume any caffeinated beverages during the day are more likely than those who have one or more such beverages to get more sleep, on average, in the course of a 24-hour period (10.0 vs. 9.5 hours), as well as during the night (9.7 vs. 9.1 hours).
- Preschoolers and school-aged children who drink at least one caffeinated beverage during the day are more likely to be in the lower 25th sleep percentile than those who do not (35% vs. 21%). Those who do not drink caffeinated beverages are more likely than their counterparts to be in the middle 50th (49% vs. 42%) or upper 25th (29% vs. 20%) percentiles.
- While the existence of any sleep problem is equally prevalent among children who do and those who do not drink caffeinated beverages, those who do drink caffeinated beverages are more likely to snore during the night (23% vs. 16%) and/or complain of uncomfortable feelings in their legs (7% vs. 4%).

Profiles: Caffeinated Beverages (continued)

	Caffeinated Beverages	
	None ^B	1+ ^C
n=	(659)	(259)
<u>Number of Cups/Cans of Caffeinated Beverages Children Drink Daily</u>		
<u>Hours Child Slept in 24 Hours</u>		
Mean (# of hours)	10.0 ^C	9.5
<u>Hours Child Slept at Night</u>		
Mean (# of hours)	9.7 ^C	9.1
<u>Child's Sleep Percentile*</u>		
Lower 25%	21%	35% ^B
Middle 50%	49 ^C	42
Upper 25%	29 ^C	20
<u>Child's Naps</u>		
Every day or almost every day	13%	11%
<u>Change in Sleep Location</u>		
No change	82%	77%
Some change	18	23
<u>Time It Took Child to Fall Asleep</u>		
Mean (# of minutes)	17.7	17.3
<u>Given Child Medication to Help Sleep</u>		
Yes	2%	2%
<u>Age Category</u>		
Preschoolers	43% ^C	27%
School-aged	57	73 ^B

*Child's sleep percentile is based on hours slept in a 24 hour period within each age range
Excludes Infants and Toddlers

	Caffeinated Beverages	
	None ^B	1+ ^C
n=	(659)	(259)
<u>Number of Cups/Cans of Caffeinated Beverages Children Drink Daily</u>		
<u>Think Child Has a Sleep Problem</u>		
Yes	11%	9%
<u>Child Has Sleep Problems at Least a Few Days/Nights a Week</u>		
One or more sleep problems ¹	51%	56%
Resist going to bed at bedtime	21	20
Have trouble breathing while sleeping	9	9
Snore	16	23 ^B
Have difficulty falling asleep at bedtime	15	14
Wake too early in the morning	9	9
Seem sleepy/overtired during the day	18	18
Complain of uncomfortable feelings in legs	4	7 ^B
Have nighttime fears	7	9
<u>Sleeping Arrangement</u>		
Solitary sleeper	67%	63%
Room sharer	31	34
Bed sharer	14	15
<u># of Times Child Woke During the Night and Needed Help or Attention</u>		
Did not wake	78%	79%
One time	19	19
Two or more times	3	2

¹One or more sleep problems include the eight behaviors listed above

Profiles: Child Has a TV in Bedroom

The following is a profile of children's sleep habits based on whether they have a TV in their bedroom. Children who have a TV in their bedroom are most likely to be school-aged (59%).

- Children who have a TV in their bedroom tend to sleep less in a 24-hour period than those who do not have a TV in their bedroom (10.0 vs. 10.7 hours), as well as during the night (9.2 vs. 9.6 hours).
- Children who have a TV in their bedroom are more likely than those who do not to be in the lower 25th sleep percentile (31% vs. 24%). Conversely, those who do not have a TV in their bedroom are more likely to be in the upper 25th percentile (28% vs. 22%).
- Children who have a TV in their bedroom are less likely to take naps every day or almost every day compared to those who do not have a TV in their bedroom (24% vs. 39%).
- Parents/Caregivers of children who have a TV in their bedroom are more likely than their counterparts to report that their child: snores (19% vs. 14%), complains of uncomfortable feelings in legs (6% vs. 3%) and/or has nighttime fears (10% vs. 6%) at least a few days/nights a week.
- Children who have a TV in their bedroom are more likely to share a room (39% vs. 31%) or share a bed (18% vs. 13%), while those who do not have a TV in their bedroom are more likely to be solitary sleepers (54% vs. 47%).
- Parents/Caregivers of children who have a TV in their bedroom are more likely to report their child does not wake up during the night and need help or attention compared to those whose children do not have a TV in their bedroom (76% vs. 66%). Conversely, children who do not have a TV in their bedroom are more likely to wake one (26% vs. 19%) or two or more times (9% vs. 5%) compared to children who have a TV in their bedroom.

Profiles: Child Has a TV in Bedroom (continued)

	TV in Room	
	Yes ^B	No ^C
	n= (473)	(1000)
<u>Child Has a TV in Their Bedroom</u>		
<u>Hours Child Slept in 24 Hours</u>		
Mean (# of hours)	10.0	10.7 ^B
<u>Hours Child Slept at Night</u>		
Mean (# of hours)	9.2	9.6 ^B
<u>Child's Sleep Percentile¹</u>		
Lower 25%	31% ^C	24%
Middle 50%	44	47
Upper 25%	22	28 ^B
<u>Child's Naps</u>		
Every day or almost every day	24%	39% ^B
<u>Change in Sleep Location</u>		
No change	75%	78%
Some change	25	22
<u>Time It Took Child to Fall Asleep</u>		
Mean (# of minutes)	16.8	16.7
<u>Given Child Medication to Help Sleep</u>		
Yes	3%	3%
<u>Age Category</u>		
Infants	6%	11% ^B
Toddlers	10	22 ^B
Preschoolers	25	29
School-aged	59 ^C	38

¹Child's sleep percentile is based on hours slept in a 24 hour period within each age range

	TV in Room	
	Yes ^B	No ^C
	n= (473)	(1000)
<u>Child Has a TV in Their Bedroom</u>		
<u>Think Child Has a Sleep Problem</u>		
Yes	11%	10%
<u>Child Has Sleep Problems at Least a Few Days/Nights a Week</u>		
One or more sleep problems ²	54%	52%
Resist going to bed at bedtime	20	21
Have trouble breathing while sleeping	11	8
Snore	19 ^C	14
Have difficulty falling asleep at bedtime	15	14
Wake too early in the morning	10	12
Seem sleepy/overtired during the day	17	21
Complain of uncomfortable feelings in legs	6 ^C	3
Have nighttime fears	10 ^C	6
<u>Sleeping Arrangement</u>		
Solitary sleeper	47%	54% ^B
Room sharer	39 ^C	31
Bed sharer	18 ^C	13
<u># of Times Child Woke During the Night and Needed Help or Attention</u>		
Did not wake	76% ^C	66%
One time	19	26 ^B
Two or more times	5	9 ^B

²One or more sleep problems include the eight behaviors listed above

Detailed Findings

Children's Sleep Behavior

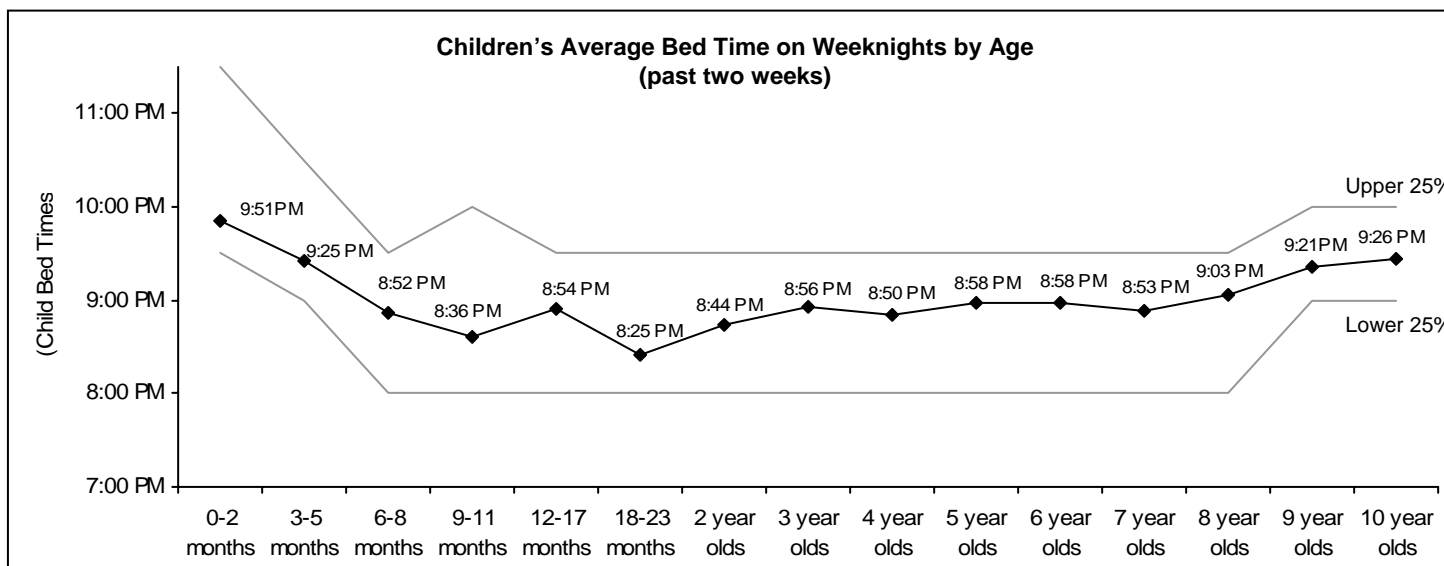
Children's Sleep Behavior

Parents/Caregivers were asked what time their child usually goes to bed on weeknights. The usual time children went to sleep at night was between 8:42 p.m. and 9:11 p.m. School-aged children and infants tend to go to bed later than toddlers and preschoolers (9:07 p.m. and 9:11 p.m. vs. 8:42 p.m. and 8:55 p.m.).

- As shown on the graph below, children two months old or younger go to bed the latest, on average, at 9:51 p.m., whereas children between six months old and seven years old tend to go to bed, on average, earlier than 9:00 p.m.
- Children between the ages of 18 and 23 months tend to go to bed the earliest, on average (8:25 p.m.).
- Children who have a TV in their bedroom go to bed about 20 minutes later than those who don't have a TV in their bedroom (9:12 p.m. vs. 8:53 p.m.).
- And, those who have difficulty waking in the morning at least a few days a week tend to go to bed later on average than those who rarely or never have difficulty waking in the morning (9:13 p.m. vs. 8:56 p.m.).

	Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E
n=	(208)	(239)	(387)	(637)
12:00 p.m. (Noon) – 6:59 p.m.	1%	-%	1%	-%
7:00 p.m. – 7:59 p.m.	9 ^E	10 ^{DE}	5 ^E	1
8:00 p.m. – 8:59 p.m.	25	41 ^B	41 ^{BE}	34 ^B
9:00 p.m. – 9:59 p.m.	31	33	38	53 ^{BCD}
10:00 p.m. – 10:59 p.m.	19 ^{CDE}	11	10	9
11:00 p.m. – 12:00 a.m. (Midnight)	13 ^{CDE}	3	4	2
12:01 a.m. – 11:59 a.m.	1	2	1	<1
Mean	9:11 p.m. ^C	8:42 p.m.	8:55 p.m.	9:07 p.m. ^{CD}
Median	9:14 p.m.	8:29 p.m.	9:14 p.m.	9:14 p.m.

Base = Those answering Q.3



Base = Those answering

Note: Approximately 50% of the population in each age group falls between the two solid gray lines Q.3

Children's Sleep Behavior (continued)

Children's Usual Bed Time on Weeknights (past two weeks)							
	Child's Sleep Percentile*			Child Has TV in Room		Child Has Difficulty Waking in the Morning	
	Lower 25% ^F	Middle 50% ^G	Upper 25% ^H	Yes ^I	No ^J	Few days a week ^K	Rarely/ Never ^L
n=	(390)	(678)	(376)	(472)	(999)	(278)	(1060)
12:00 p.m. (Noon) – 6:59 p.m.	<1%	<1%	1%	-%	1%	-%	<1%
7:00 p.m. – 7:59 p.m.	<1	4 ^F	10 ^{FG}	2	6 ^I	1	6 ^K
8:00 p.m. – 8:59 p.m.	18	38 ^F	54 ^{FG}	29	41 ^I	30	38 ^K
9:00 p.m. – 9:59 p.m.	53 ^{GH}	46 ^H	29	49 ^J	41	48 ^L	41
10:00 p.m. – 10:59 p.m.	18 ^{GH}	9	6	16 ^J	8	17 ^L	9
11:00 p.m. – 12:00 a.m. (Midnight)	7 ^{GH}	3 ^H	1	4	4	3	4
12:01 a.m. – 11:59 a.m.	3 ^{GH}	<1	<1	1	1	1	1
Mean	9:07 p.m. ^H	9:04 p.m. ^H	8:44 p.m.	9:12 p.m. ^J	8:53 p.m.	9:13 p.m. ^L	8:56 p.m.
Median	9:14 p.m.	9:14 p.m.	8:29 p.m.	9:14 p.m.	9:14 p.m.	9:14 p.m.	9:14 p.m.

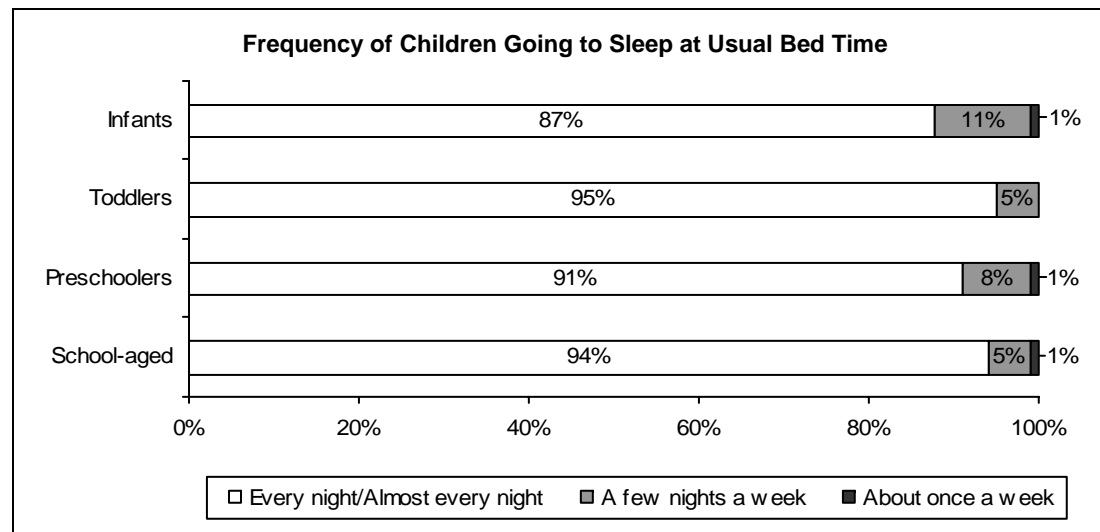
Base = Those answering

*Child's sleep percentile is based on hours slept in a 24 hour period within each age range
Q.3

Children's Sleep Behavior (continued)

Parents/Caregivers were asked how often their child goes to sleep at his or her regular bedtime. More than eight in ten children go to sleep at this time every night or almost every night (87%-95%) and about one in ten or fewer say their child goes to bed at this time a few nights a week (5%-11%).

- Infants are the least likely to go to bed at their usual bed time (87%).



Base = Those able to rate (Infants n=210; Toddlers n=238; Preschoolers n=387; School-aged n=637)
Q.4

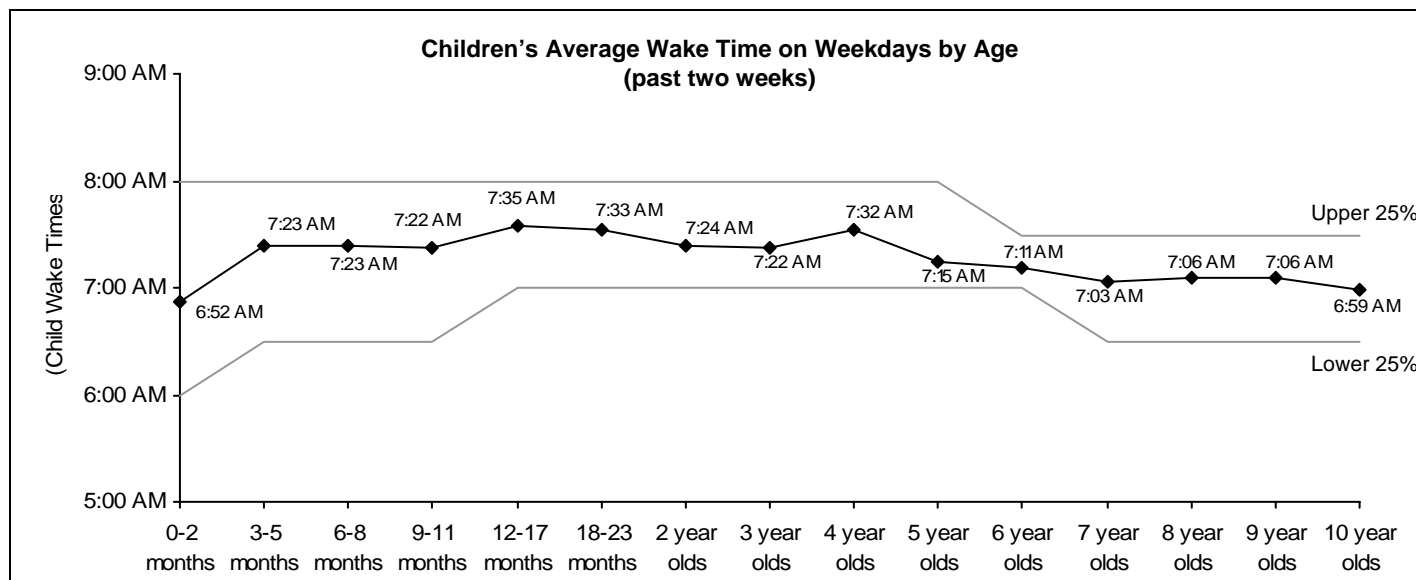
Children's Sleep Behavior (continued)

Parents/Caregivers were asked what time their child usually wakes up on weekdays. The average time parents/caregivers say their child tends to wake up is between about 7:00 a.m. and 7:30 a.m., with school-aged children waking slightly earlier than younger children (7:05 a.m. vs. 7:14 a.m. – 7:29 a.m.).

- As shown on the graph below, children across each age group wake up, on average, between 6:52 a.m. and 7:35 a.m. Children between the ages of 12 and 17 months tend to wake up the latest, on average (7:35 a.m.).

Children's Usual Wake Time on Weekdays (past two weeks)				
	Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E
n=	(209)	(239)	(386)	(637)
12:00 a.m. (Midnight) – 4:59 a.m.	3% ^{CD}	<1%	<1%	-%
5:00 a.m. – 5:59 a.m.	9 ^{CDE}	3	3	2
6:00 a.m. – 6:59 a.m.	27	22	30 ^C	38 ^{BCD}
7:00 a.m. – 7:59 a.m.	35	47 ^B	48 ^B	55 ^{BCD}
8:00 a.m. – 8:59 a.m.	14 ^E	23 ^{BDE}	13 ^E	4
9:00 a.m. – 9:59 a.m.	8 ^{DE}	5 ^E	4 ^E	<1
10:00 a.m. or later	3 ^{CE}	<1	2 ^E	<1
Mean	7:14 a.m. ^E	7:29 a.m. ^{BE}	7:23 a.m. ^E	7:05 a.m.
Median	7:14 a.m.	7:25 a.m.	7:16 a.m.	7:07 a.m.

Base = Those answering Q.2



Base = Those answering

Note: Approximately 50% of the population in each age group falls between the two solid gray lines

Q.2

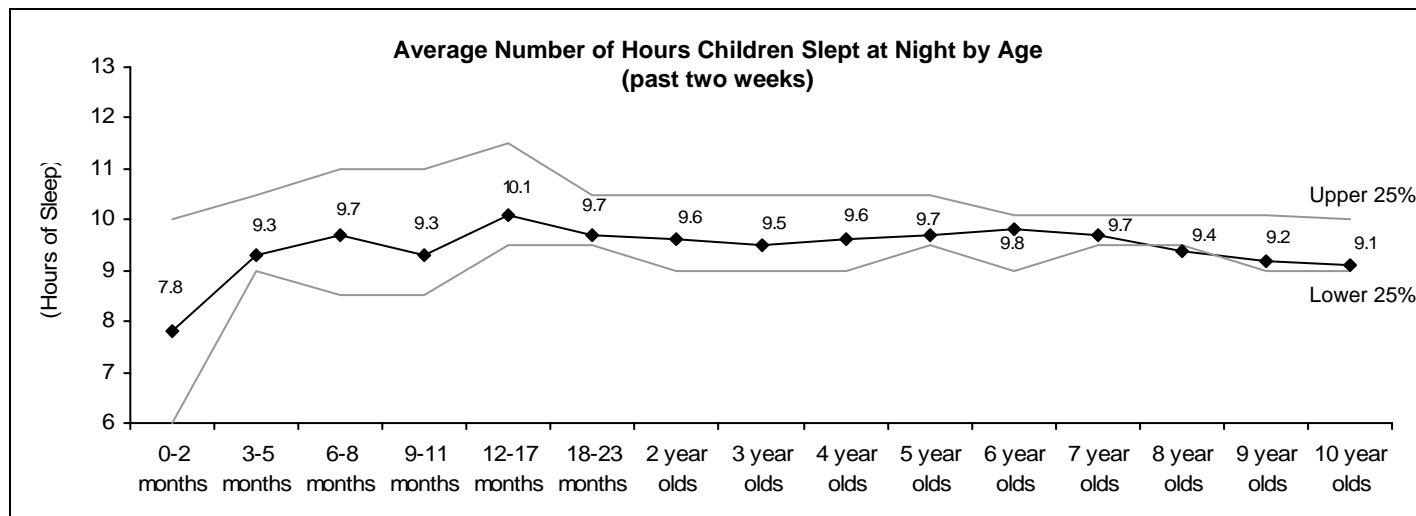
Children's Sleep Behavior (continued)

Parents/Caregivers were asked how many hours their child sleeps at night between 6:00 p.m. and 8:00 a.m. The average amount children sleep at night is between nine and ten hours (9.0-9.8 hours).

- Infants sleep an average of nine hours (9.0) per night, somewhat less than children in the three older age groups (9.4-9.8 hours).
- In fact, children less than three months of age only sleep an average of 7.8 hours at night, while children between 12 and 17 months sleep the most at night, 10.1 hours on average.

Hours Children Slept at Night Between 6:00 p.m. and 8:00 a.m. (past two weeks)				
	Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E
n=	(207)	(238)	(385)	(632)
Less than 8 hours	19% ^{CDE}	7%	5%	4%
8 to 8.9 hours	18 ^C	11	13	13
9 to 9.9 hours	15	18	25 ^{BC}	37 ^{BCD}
10 to 10.9 hours	28	39 ^B	40 ^B	38 ^B
11 to 11.9 hours	10	16 ^{BE}	14 ^E	6
12 hours or more	10 ^{DE}	9 ^{DE}	3	1
Mean (# of hours)	9.0	9.8 ^{BE}	9.6 ^B	9.4 ^B
Median (# of hours)	9.5	10.0	10.0	9.5

Base = Those answering Q.6



Base = Those answering

Note: Approximately 50% of the population in each age group falls between the two solid gray lines

Q.6

Children's Sleep Behavior (continued)

Parents/Caregivers were then asked how many hours their child sleeps during the day between 8:00 a.m. and 6:00 p.m. Children sleep on average between one and four hours during the day (1.6-3.8 hours).

- In fact, almost three-fourths of infants sleep three hours or more during the day (73%) which is significantly greater than the three older age groups (<1%-14%).
- Nearly all of the school-aged children do not sleep during the daytime hours (94%).

Hours Children Slept in the Daytime Between 8:00 a.m. and 6:00 p.m. (past two weeks)				
	<u>Infants^B</u>	<u>Toddlers^C</u>	<u>Preschoolers^D</u>	<u>School-aged^E</u>
n=	(204)	(237)	(378)	(635)
None	1%	3% ^B	48% ^{BC}	94% ^{BCD}
Less than 1 hour*	<1	1	5 ^{BCE}	1
1 to 1.9 hours	7 ^E	30 ^{BE}	24 ^{BE}	2
2 to 2.9 hours	19 ^E	52 ^{BDE}	19 ^E	3
3 hours or more	73 ^{CDE}	14 ^{DE}	4 ^E	<1
Mean (# of hours) ¹	3.8 ^{CDE}	2.0 ^D	1.6	1.8
Median (# of hours) ¹	3.5	2.0	1.5	1.5

Base = Those answering

¹Base = Those who took naps and answering

*Excludes None

Q.7

Children's Sleep Behavior (continued)

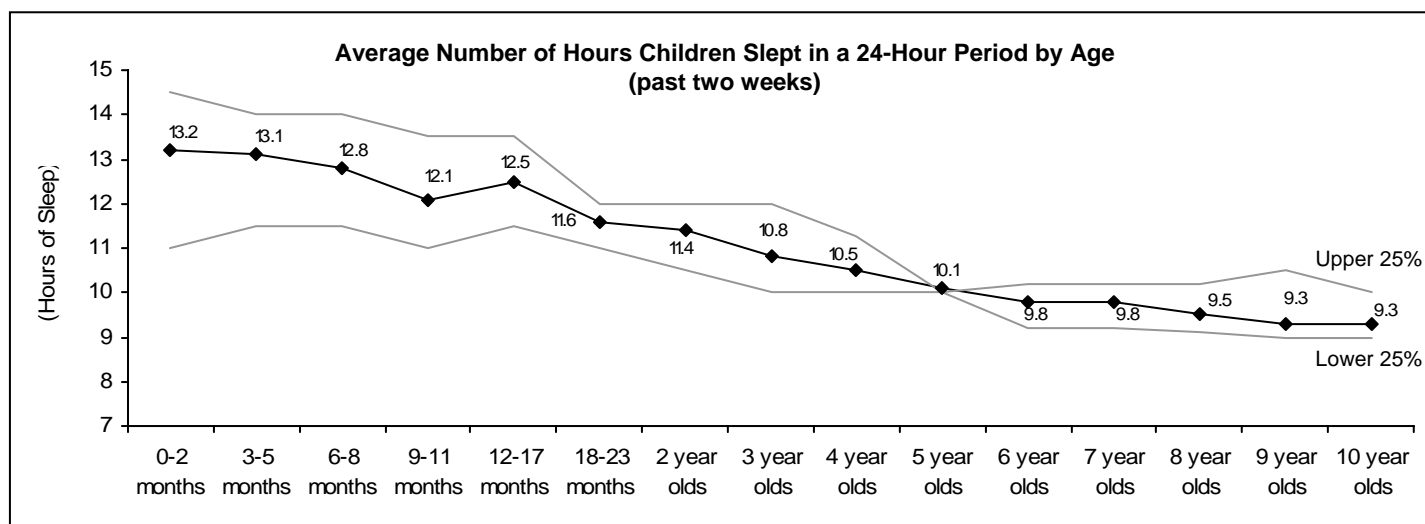
The number of hours children sleep in the daytime and the number of hours they sleep at night were added together to determine how much sleep children get in a 24-hour period.

- Infants tend to get more sleep in a 24-hour period than older children (12.8 vs. 9.5-11.7 hours). Nearly four in ten infants (38%) sleep 14 hours or more in a 24-hour period.
- The average number of hours children aged ten and younger sleep in a 24-hour period ranges from just over nine hours (9.3 hours) up to 13 hours (13.2). The average total hours children sleep in a 24-hour period decreases as children get older (13.2 to 9.3 hours).
- Children who have a TV in their bedroom tend to get less sleep on average compared to those who do not have a TV in their bedroom (10.0 vs. 10.7 hours).
- And, children who snore (9.9 vs. 10.6 hours), complain of uncomfortable feelings in their legs (8.9 vs. 9.9), and complain of feeling tired during the day (9.3 vs. 10.0) at least a few days/nights a week are more likely to get less sleep in a 24-hour period than those who rarely or never experiences these problems.

Total Hours Children Slept in a 24-Hour Period (past two weeks)

	Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E
n=	(210)	(239)	(387)	(637)
Less than 8 hours	2%	2%	3%	4%
8 to 8.9 hours	3	2	4 ^C	13 ^{BCD}
9 to 9.9 hours	4	6	15 ^{BC}	35 ^{BCD}
10 to 10.9 hours	6	11	34 ^{BC}	37 ^{BC}
11 to 11.9 hours	14 ^E	25 ^{BE}	23 ^{BE}	8
12 to 12.9 hours	15 ^E	26 ^{BDE}	12 ^E	2
13 to 13.9 hours	14 ^D	17 ^D	4	-
14 hours or more	38 ^{CDE}	11 ^{DE}	2	<1
Mean (# of hours)	12.8 ^{CDE}	11.7 ^{DE}	10.4 ^E	9.5
Median (# of hours)	13.0	12.0	10.5	9.5

Base = Those answering Q.6/7



Base = Those answering

Note: Approximately 50% of the population in each age group falls between the two solid gray lines Q6/7

Children's Sleep Behavior (continued)

Total Hours Children Slept in a 24-Hour Period (past two weeks)													
	Child's Sleep Percentile*			Hours Parent/Caregiver Sleeps					Marital Status		Child Has TV in Room		
	Lower 25% ^B	Middle 50% ^C	Upper 25% ^D	<6 ^E	6-<7 ^F	7-<8 ^G	8-<9 ^H	9+ ^I	Married ^J	Not married ^K	Yes ^L	No ^M	
n=	(390)	(679)	(376)	(200)	(369)	(483)	(361)	(53)	(1343)	(127)	(473)	(1000)	
Less than 8 hours	12%	-%	-%	7% ^{GHI}	3%	2%	3%	4%	2%	11% ^J	4%	3%	
8 to 8.9 hours	28	-	-	13 ^{GHI}	8	7	5	4	7	9	12 ^M	6	
9 to 9.9 hours	38 ^C	25	-	25 ^{HI}	21	24 ^{HI}	17	14	21	25	27 ^M	19	
10 to 10.9 hours	10	41 ^{BD}	29 ^B	22	31 ^E	28	30 ^E	29	30 ^K	21	31	28	
11 to 11.9 hours	12	15	21 ^{BC}	11	15	15	20 ^{EG}	11	16 ^K	9	10	18 ^L	
12 to 12.9 hours	-	13	17	10	9	10	12	10	11	8	6	12 ^L	
13 to 13.9 hours	-	3	16 ^C	4	4	7	5	8	5	7	4	6 ^L	
14 hours or more	-	4	17 ^C	6	6	5	6	17 ^{EFGH}	6	6	4	7 ^L	
Mean (# of hours)	8.8	10.5 ^B	12.1 ^{BC}	10.0	10.5 ^E	10.5 ^E	10.6 ^E	11.1 ^{EFG}	10.5 ^K	10.0	10.0	10.7 ^L	
Median (# of hours)	9.0	10.0	11.5	10.0	10.0	10.0	10.5	10.5	10.0	10.0	10.0	10.5	

	Child Snores		Child Complains of Uncomfortable Feelings in Legs		Child Complains of Feeling Tired During the Day	
	Few nights a week+ ^N	Rarely/ Never ^O	Few nights a week+ ^P	Rarely/ Never ^Q	Few days a week+ ^R	Rarely/ Never ^S
n=	(219)	(1151)	(47)	(904)	(107)	(796)
Less than 8 hours	6%	3%	15% ^Q	3%	10% ^S	3%
8 to 8.9 hours	10	7	11	9	14	9
9 to 9.9 hours	27 ^O	20	30	28	26	28
10 to 10.9 hours	30	28	25	36	32	36
11 to 11.9 hours	13	16	11	14	13	14
12 to 12.9 hours	8	11	-	6	1	6 ^R
13 to 13.9 hours	2	6 ^N	-	2	1	2
14 hours or more	3	7 ^N	2	1	1	1
Mean (# of hours)	9.9	10.6 ^N	8.9	9.9 ^P	9.3	10.0 ^R
Median (# of hours)	10.0	10.0	9.5	10.0	9.8	10.0

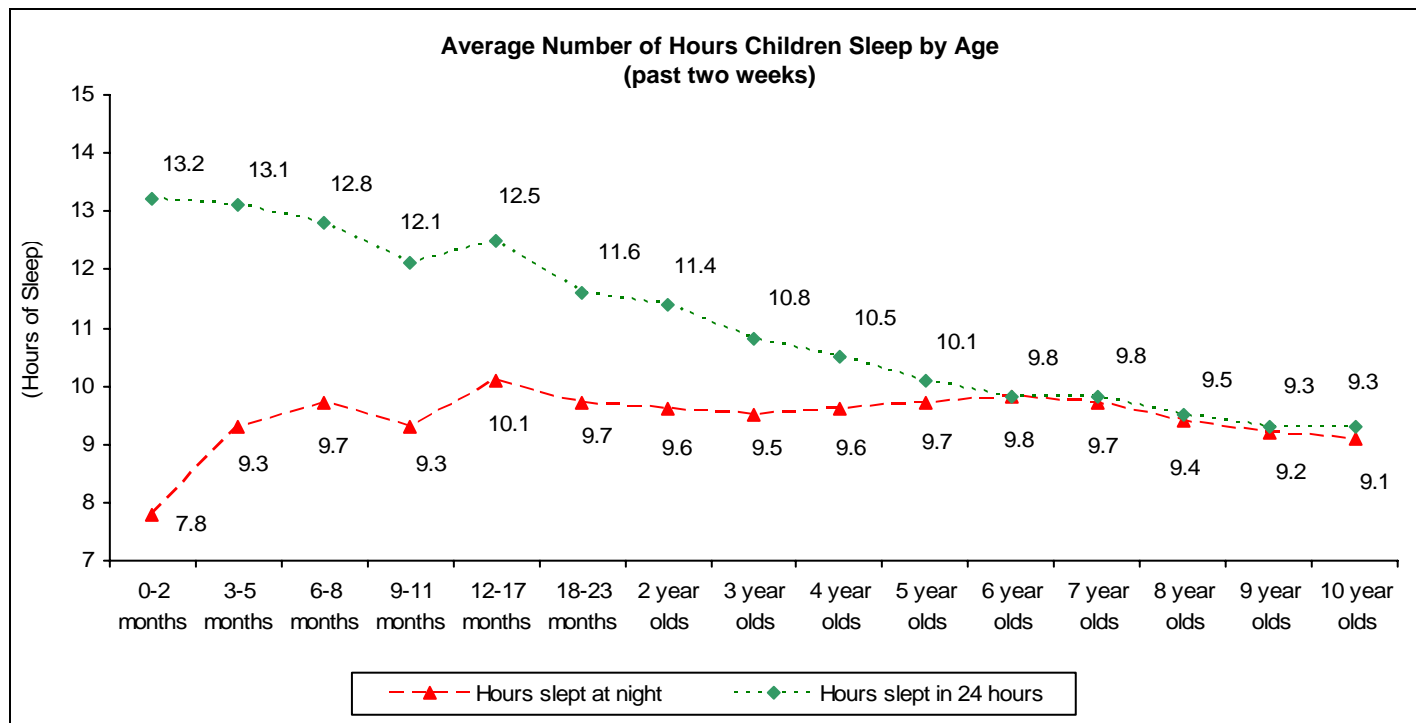
Base = Those answering

*Child's sleep percentile is based on hours slept in a 24 hour period within each age range

Q.6/7

Children's Sleep Behavior (continued)

As children get older, they tend to get less sleep, on average, in a 24-hour period. However, children aged three months to ten years get roughly the same amount of sleep during the night. Infants aged 0-2 months sleep the least at night (7.8 hours) but get the most amount of sleep in a 24-hour period on average (13.2 hours).



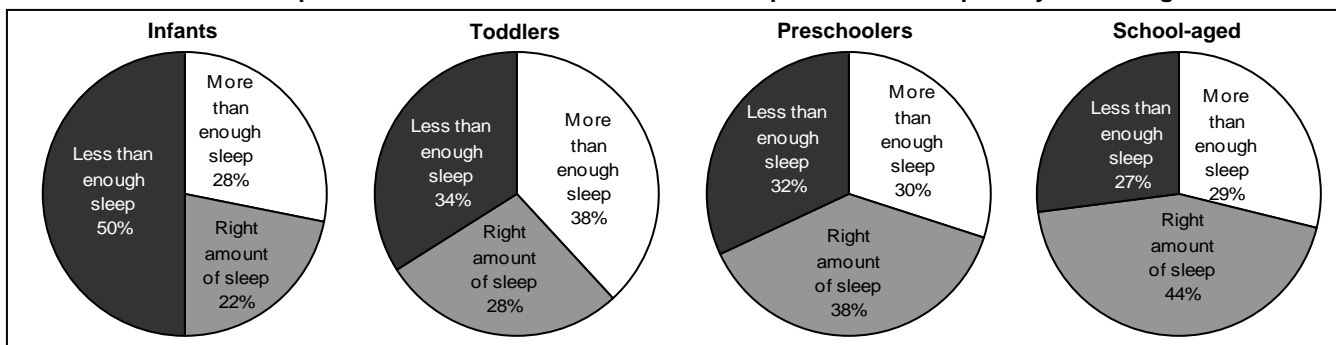
Base = Those answering
Q.6,6/7

Children's Sleep Behavior (continued)

The number of hours that parents/caregivers said their children *actually* sleep at night and in the daytime were added to determine the total number of hours of sleep in a 24-hour period. This number was then compared with the number of hours of sleep that the parents/caregivers *think* their child needs in a 24-hour period. The comparisons of the data are shown in the first set of charts below.

- Infants are more likely than children in the older age groups to get fewer hours of sleep than the parent/caregiver thinks they need (50% vs. 27%-34%). However, one-third of toddlers (34%), preschoolers (32%) and school-aged children (27%) also sleep fewer hours than what their parent/caregiver thinks they need.

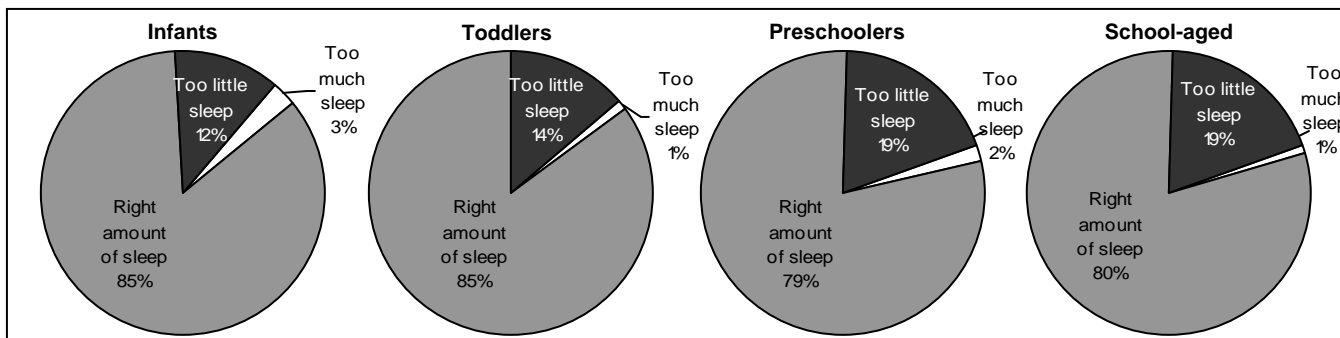
Number of Hours Children Slept in a 24-Hour Period vs. Amount of Sleep Children Need per Day According to Parent/Caregiver



Base = Those answering (Infants n=196; Toddlers n=233; Preschoolers n=371; School-aged n=625) Q.6/7/8

However, when asked directly on a separate question whether their child gets too little, too much or the right amount of sleep, the majority of parents/caregivers in each of the four age groups (79%-85%) report that their child gets the right amount of sleep. A smaller proportion of parents/caregivers report that their child gets too little sleep (12%-19%).

On Most Nights, Parent/Caregiver Believes Children Get Too Little, Too Much or the Right Amount of Sleep



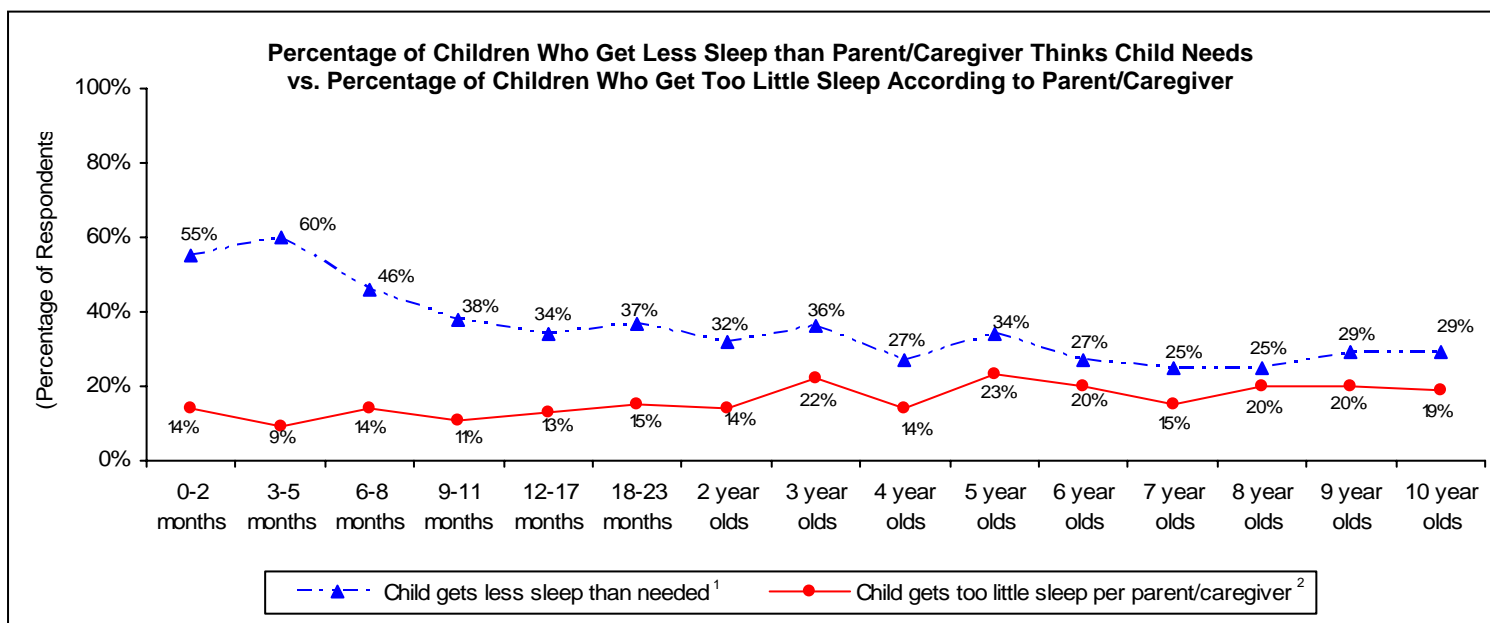
Base = Those answering (Infants n=210; Toddlers n=238; Preschoolers n=384; School-aged n=637) Q.9

Comparing the two charts, it is clear that the majority of parents/caregivers say their child is getting the right amount of sleep (bottom charts) when, in reality, their child is getting less sleep (top charts) than what their parent/caregiver think they need.

Children's Sleep Behavior (continued)

The number of hours that parents/caregivers said their children *actually* sleep at night and in the daytime were added to determine the total number of hours of sleep in a 24-hour period. This number was then compared with the number of hours of sleep that the parents/caregivers *think* their child needs in a 24-hour period. Parents/caregivers were then asked if they believe their child gets too little, too much or the right amount of sleep. Comparisons of those who actually sleep fewer hours than what their parents/caregivers think they need and those whose parents/caregivers said their child gets too little sleep are made below.

- More than one-half of infants less than five months old are actually sleeping less (55% and 60%) than what their parents/caregivers say they need in a 24-hour period. However, only one in seven or fewer parents/caregivers of infants (14% and 9%) said their child gets too little sleep. As children get older, their parents/caregivers become more likely to realize when their child is getting too little sleep.



Base = Those answering

¹Children who got less sleep in a 24 hour period than the number of hours the parent/caregiver thinks the child needs

²Children who got too little sleep according to the parent/caregiver

Q.6/7/8,9

Children's Sleep Behavior (continued)

Parents/Caregivers were asked how much sleep they think their child needs in a 24-hour period. The average amount of sleep parents/caregivers think their child needs is between nine and 14 hours (9.5-13.6 hours), with infants needing the most.

- Parents/Caregivers of infants are more likely to say their child needs 14 hours of sleep or more (52%) in a 24-hour period than their counterparts.
- Children who seem sleepy or overtired during the day (51% vs. 25%), complain of uncomfortable feelings in their legs (51% vs. 28%), and complain of feeling tired during the day (52% vs. 24%) at least a few days/nights a week are more likely to get less sleep in a 24-hour period compared to what their parents/caregivers think they need than those who rarely or never experiences these problems.

	<u>Infants^B</u>	<u>Toddlers^C</u>	<u>Preschoolers^D</u>	<u>School-aged^E</u>
n=	(201)	(234)	(378)	(630)
Less than 9 hours	5%	4%	10% ^{BC}	18% ^{BCD}
9 to 9.9 hours	2	5	10 ^{BC}	28 ^{BCD}
10 to 10.9 hours	8	17 ^B	37 ^{BC}	45 ^{BCD}
11 to 11.9 hours	5	13 ^{BE}	18 ^{BE}	6
12 to 12.9 hours	18 ^E	33 ^{BDE}	18 ^E	2
13 to 13.9 hours	7	14 ^{BD}	4	-
14 hours or more	52 ^{CDE}	15 ^{DE}	2 ^E	<1
Mean (# of hours)	13.6 ^{CDE}	11.7 ^{DE}	10.4 ^E	9.5
Median (# of hours)	14.0	12.0	10.0	10.0

Base = Those answering Q.8

Children's Sleep Behavior (continued)

Number of Hours Children Sleep in a 24-Hour Period vs. Amount of Sleep Children Need per Day According to Parent/Caregiver						
	Child Seems Sleepy/ Overtired During the Day		Child Complains of Uncomfortable Feelings in Legs		Child Complains of Feeling Tired During the Day	
	Few days a week+ ^B	Rarely/ Never ^C	Few days a week+ ^D	Rarely/ Never ^E	Few days a week+ ^F	Rarely/ Never ^G
n=	(288)	(860)	(43)	(881)	(104)	(774)
More sleep	26%	32% ^B	14%	30% ^D	15%	32% ^F
Right amount of sleep	23	42 ^B	35	42	33	44 ^F
Less sleep	51 ^C	25	51 ^E	28	52 ^G	24

	Child's Sleep Percentile*			Marital Status		Stress Caused on Marriage			Hours Parent/Caregiver Sleeps				
	Lower 25% ^H	Middle 50% ^I	Upper 25% ^J	Married ^K	Not married ^L	Significant- moderate stress ^M	Little stress ^N	No stress ^O	<6 ^P	6-<7 ^Q	7-<8 ^R	8-<9 ^S	9+ ^T
n=	(383)	(672)	(365)	(1304)	(118)	(81)	(329)	(998)	(188)	(358)	(471)	(349)	(52)
More sleep	16%	28% ^H	53% ^{HI}	30%	43% ^K	22%	25%	33% ^{MN}	33%	31%	30%	30%	32%
Right amount of sleep	30	44 ^{HJ}	32	39 ^L	16	36	33	39 ^N	27	36 ^P	41 ^P	40 ^P	46 ^P
Less sleep	54 ^J	28 ^J	16	31	41 ^K	42 ^O	42 ^O	27	40 ^{RST}	33	29	31	22

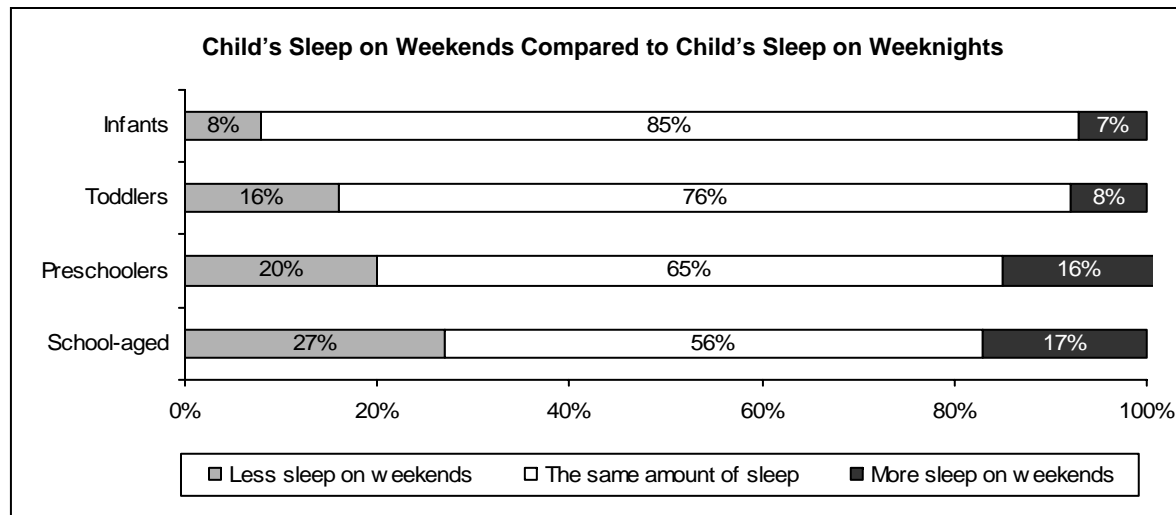
Base = Those answering

*Child's sleep percentile is based on hours slept in a 24 hour period within each age range
Q.6/7/8

Children's Sleep Behavior (continued)

Parents/Caregivers were asked how their child's sleep patterns differ on the weekends compared to weekdays. As children get older, they tend to get less sleep on weekends.

- Infants are most likely to maintain the same sleep pattern on weekends as on weeknights, with 85% getting the same amount of sleep on weekends as they do on weeknights.
- Many toddlers maintain the same sleep pattern on weekends with about three-fourths getting the same amount of sleep on weekends and weeknights (76%). However, 8% sleep more and 16% sleep less on weekends than on weeknights.
- Preschoolers are more likely than toddlers and infants to change their sleep patterns on weekends, with one in seven (16% vs. 8% and 7%) getting more sleep on weekends and two in ten (20% vs. 16% and 8%) getting less sleep on weekends compared to weeknights.
- School-aged children are the most likely to change their sleep pattern on weekends, with 17% sleeping more on weekends and 27% sleeping less on weekends.

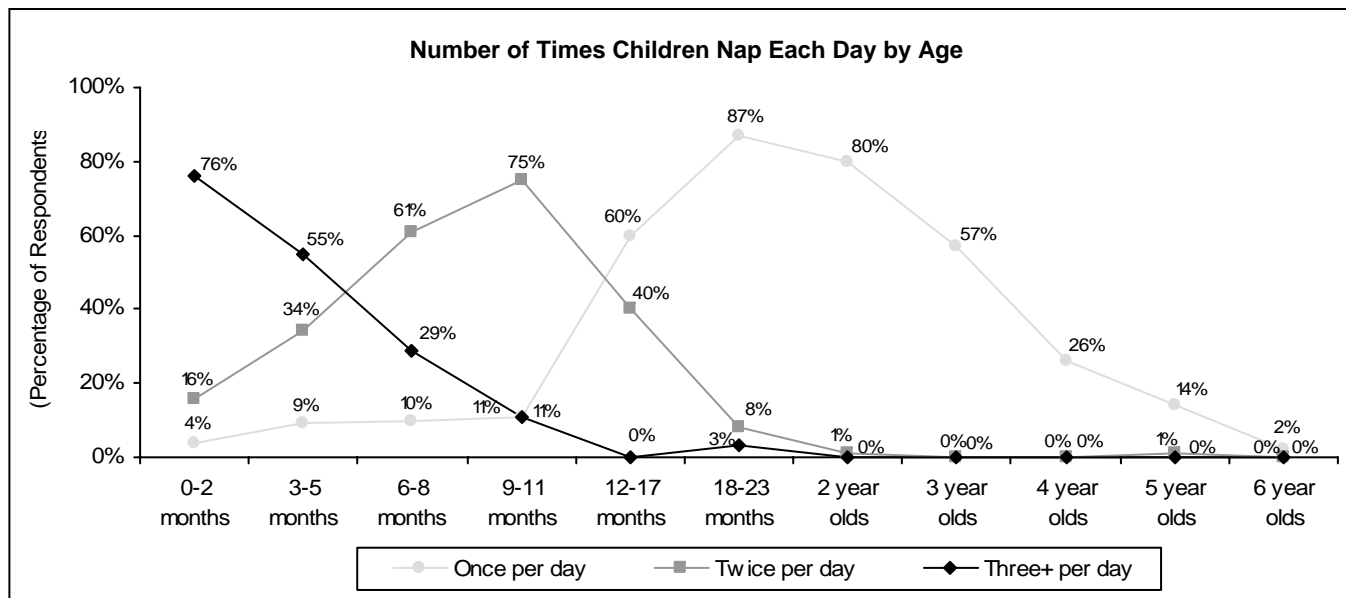


Base = Those answering (Infants n=209; Toddlers n=239; Preschoolers n=387; School-aged n=637)
Q.10

Children's Sleep Behavior (continued)

Parents/Caregivers were asked, on days when their child naps, how many times each day he or she naps. A majority of the children under six months old take a nap three or more times per day (55%-76%).

- As children progress from six to eleven months old, they are most likely to take two naps per day (61%-75%).
- In the 12-17 month range, children are reported to be napping one (60%) or two (40%) times per day.
- Almost all of the children who are 18 months up to 35 months (80%-87%) take one nap per day.
- Three year olds will take a nap either once (57%) or not at all (43%) during the day.

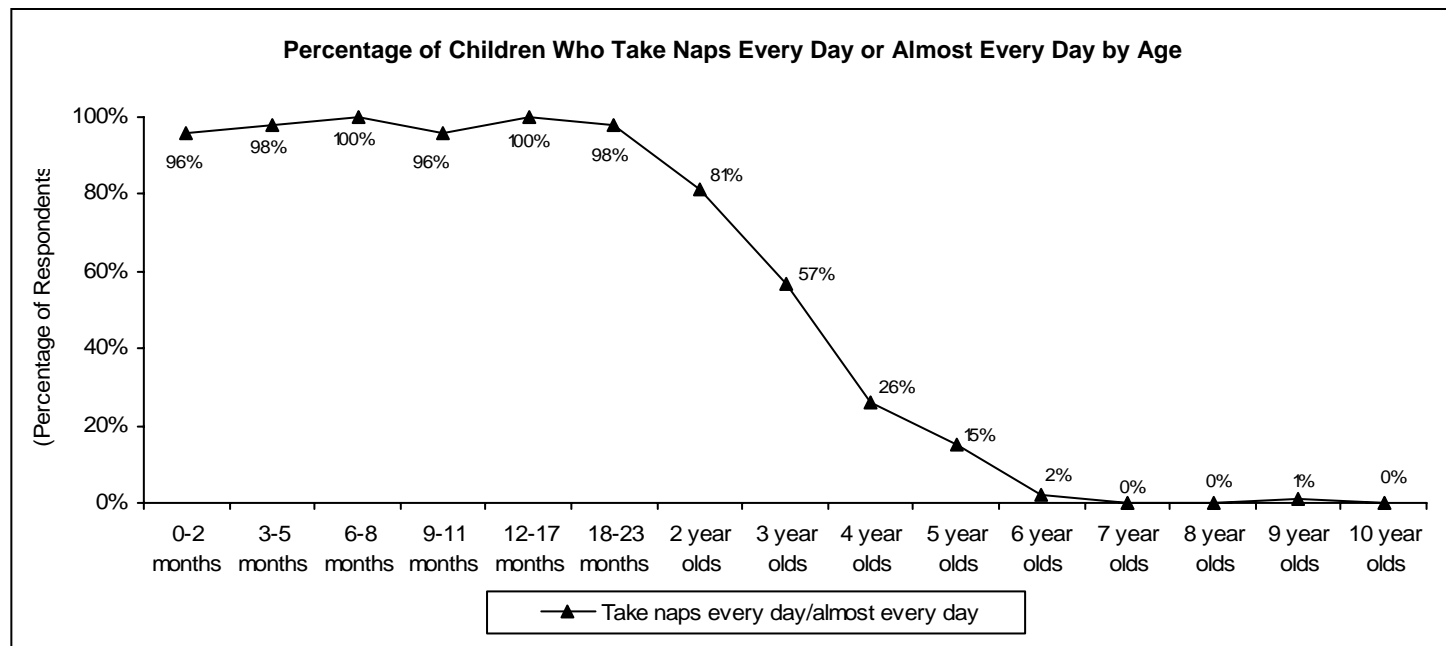


Base = Children who take naps every day or almost every day and answering
 Note: Less than 2% of children take naps every day or almost every day after 6 years of age
 Q.12a

Children's Sleep Behavior (continued)

Parents/Caregivers were asked how often their child currently takes a nap. A majority of the children under six months old take a nap three or more times per day (55%-76%).

- As children progress from six to eleven months old, they are most likely to take two naps per day (61%-75%).



Base = Those answering Q.12

Children's Sleep Behavior (continued)

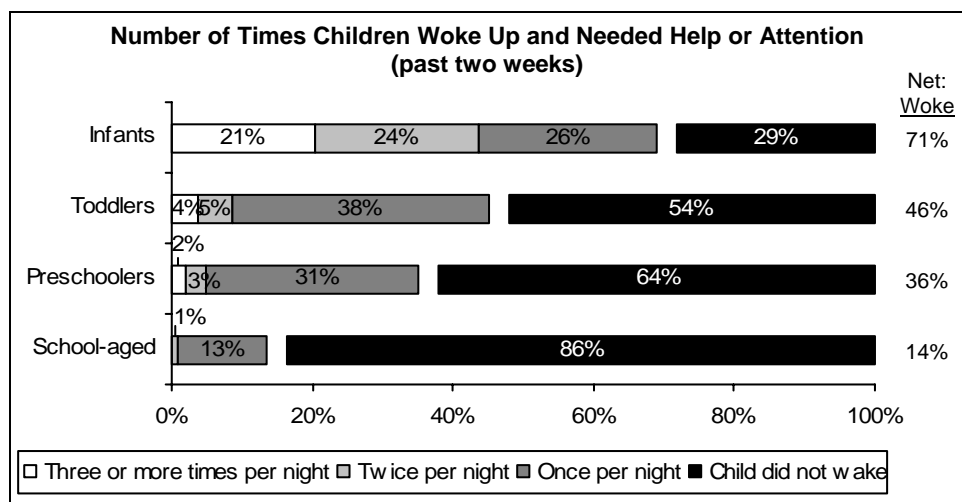
Parents/Caregivers were asked how many times their child wakes up and needs help or attention during a typical night. A sizable proportion of children across all four age groups wake and need help or attention during a typical night, according to parents/caregivers. Three in ten parents/caregivers said their child wakes one (23%) or two or more (7%) nights needing help or attention.

- Infants are more likely than children in the three older age groups to wake at night (71% at least once vs. 14%-46%). In fact, 21% of infants wake three or more times per night, and a similar proportion (24%) wake twice per night. One-fourth of infants (26%) wake only once per night.
- Almost one-half of toddlers wake at least once per night (47%), with about one in ten (9%) waking two or more times per night.
- More than one-third of preschoolers wake at least once per night (36%), with 5% waking two or more times.
- One in seven school-aged children (14%) wake at least one time per night.

As children get older, they are less likely to wake and need help or attention during a typical night.

Among children who woke and needed help or attention, parents/caregivers were then asked what the approximate amount of time their child was awake during the night. Infants who wake and need help or attention during a typical night tend to be awake about twice as long as children in the three older age groups (35.2 vs. 10.7-18.2 minutes). Nearly one-half of these infants (49%) are awake for 30 minutes or longer.

- Toddlers (18.2 minutes) also tend to be awake longer than preschoolers (10.7 minutes) or school-aged children (12.7 minutes).
- Children who complain of uncomfortable feelings in their legs a few nights a week or more are more likely to wake an average of 22 minutes (21.7 minutes) during the night compared to children who rarely or never have this feeling (10.4 minutes).



Base = Those answering (Infants n=209; Toddlers n=237; Preschoolers n=385; School-aged n=627)
Q.19

Amount of Time Children Were Awake During the Night

	Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E
n=	(144)	(109)	(133)	(85)
Less than 15 minutes	27%	53% ^B	80% ^{BCE}	68% ^{BC}
15 to 29 minutes	24 ^D	20 ^D	8	15
30 to 44 minutes	26 ^{DE}	17 ^D	8	11
45 minutes or more	23 ^{CDE}	10	4	6
Mean (# of minutes)	35.2 ^{CDE}	18.2 ^{DE}	10.7	12.7
Median (# of minutes)	25.0	10.0	5.0	10.0

Base = Children who woke and needed attention during a typical night and answering Q.20a

Children's Sleep Behavior (continued)

Amount of Time Children Were Awake During the Night				
	Child Seems Sleepy/ Overtired During the Day		Child Complains of Uncomfortable Feelings in Legs	
	Few days a week ^F	Rarely/ Never ^G	Few nights a week ^H	Rarely/ Never ^I
n=	(131)	(239)	(19)*	(178)
Less than 15 minutes	53%	60%	42%	80% ^H
15 to 29 minutes	16	18	32 ^I	8
30 to 44 minutes	17	15	10	8
45 minutes or more	14	8	16	4
Mean (# of minutes)	21.0	16.9	21.7 ^I	10.4
Median (# of minutes)	10.0	10.0	15.0	5.0

Base = Children who woke and needed attention during a typical night and answering

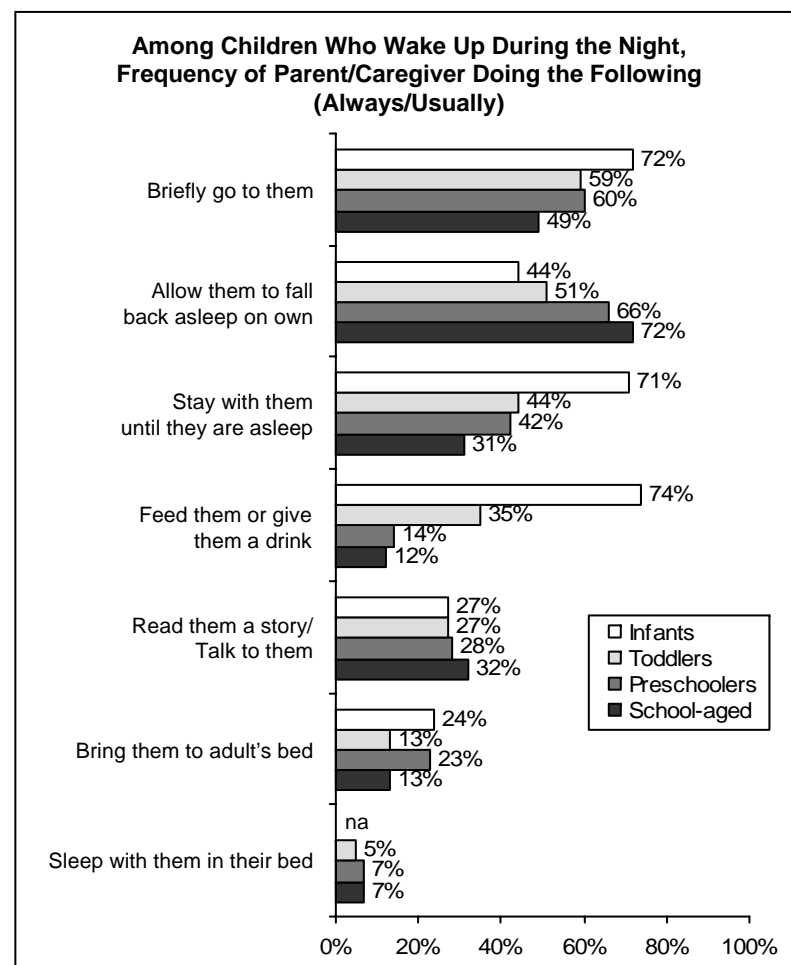
*Caution: Small Base

Q.20a

Children's Sleep Behavior (continued)

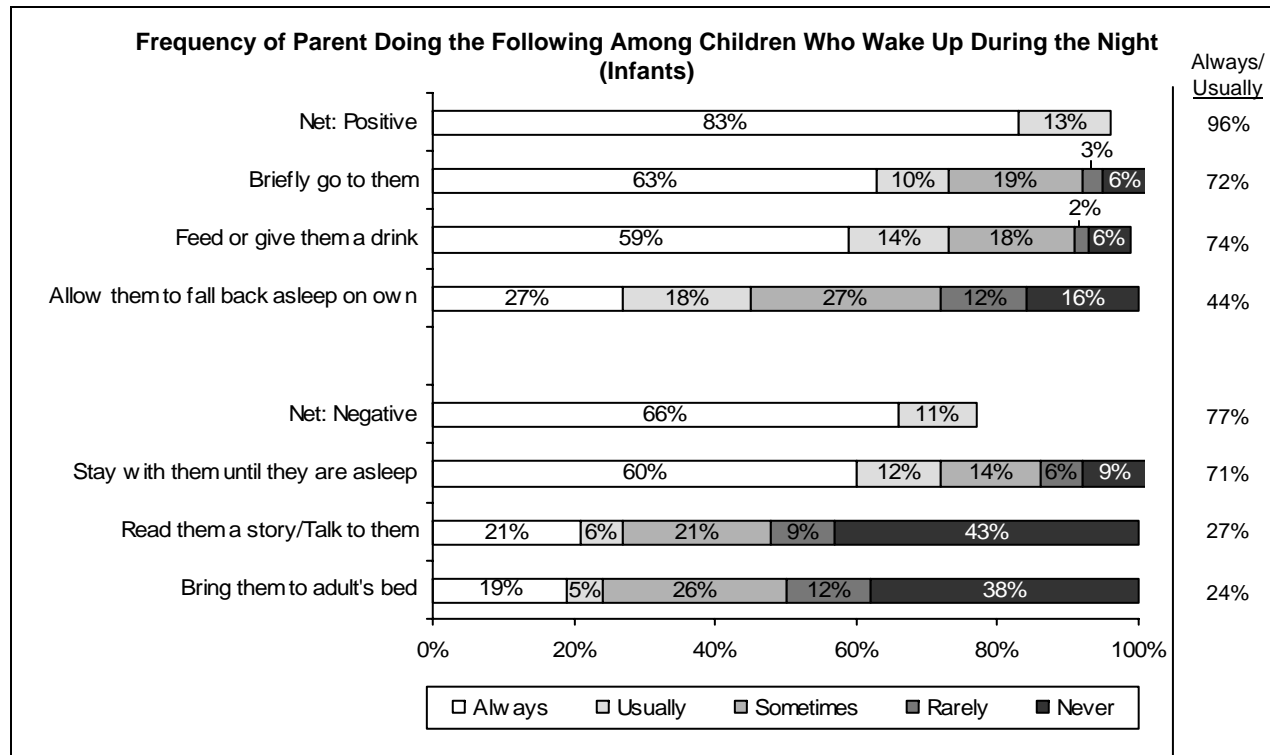
Parents/Caregivers were asked how frequently they do a number of different activities on a typical night when their child wakes up and needs attention.

- A majority of parents/caregivers of infants who wake say they always or usually feed them or give them a drink (74%), go to them briefly (72%) and/or stay with them until they are asleep (71%).
- Those whose toddlers need help or attention most often go to them briefly (59% always or usually), allow them to fall back asleep on their own (51%) or stay with them until they are asleep (44%).
- Parents/Caregivers of preschoolers most often allow them to fall back asleep on their own (66% always or usually) or go to them briefly (60%). About four in ten (42%) stay with them until they fall asleep.
- School-aged children most often go back to sleep on their own (72%), although about one-half of the parents/caregivers report that they always or usually go to them briefly (49%).
- Across all four age groups, there are some parents/caregivers who bring their child to an adult's bed (13%-24%).
- A small proportion of parents/caregivers of toddlers to school-aged children sleep with their child in his or her bed (5%-7%).



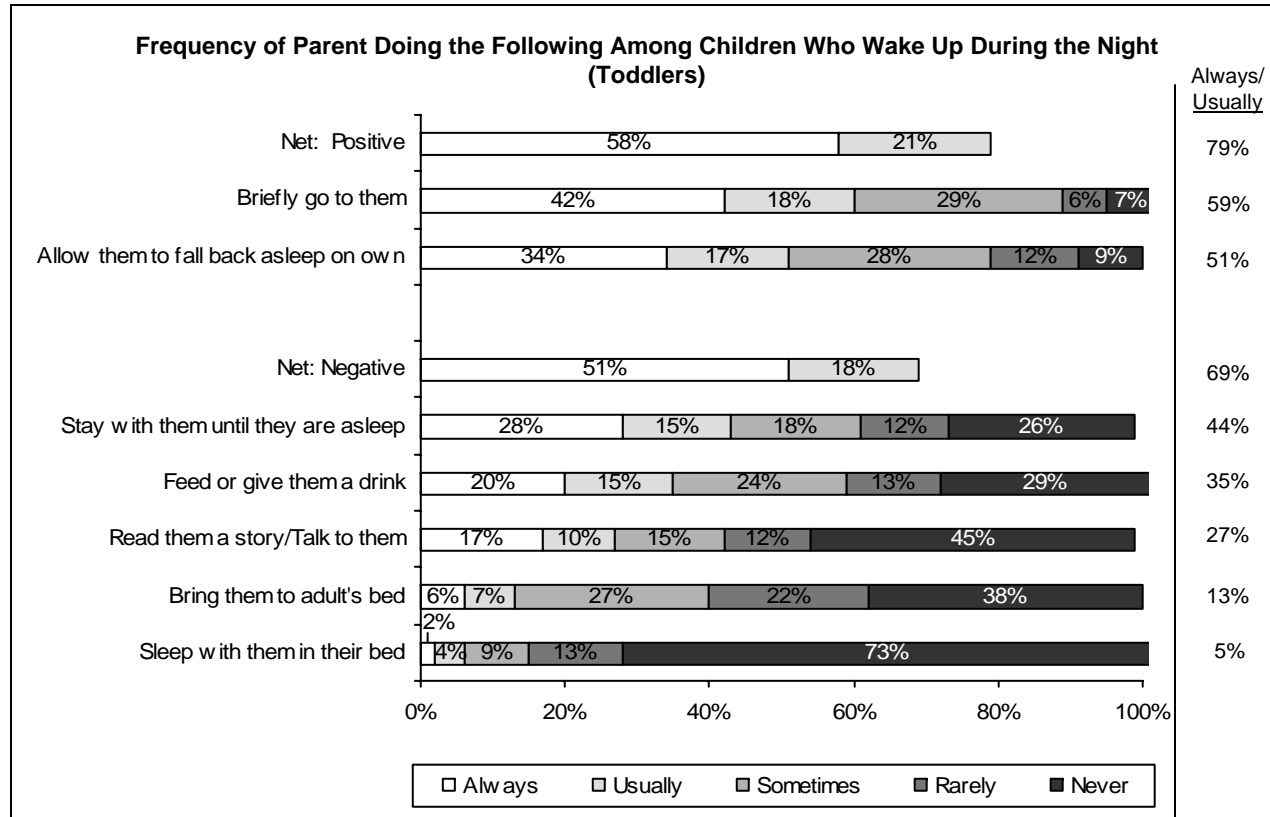
Base = Children who wake and need attention during a typical night and able to rate (Infants n=146-147; Toddlers n=108-110; Preschoolers n=136-137; School-aged n=82-84)
na = Not applicable
Q.20B a-g

Children's Sleep Behavior (continued)



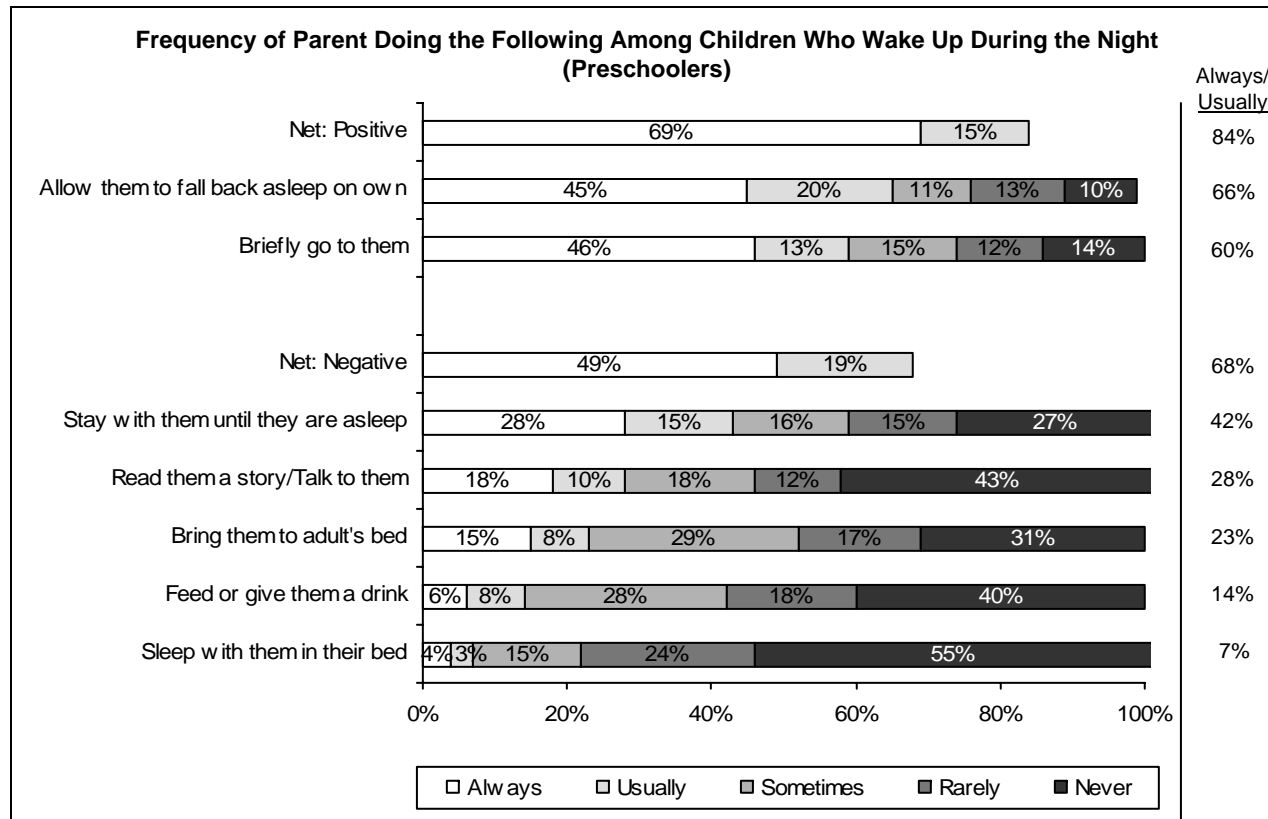
Base = Children who woke and needed attention during a typical night and able to rate (n=146-147)
Q.20B a-d,f,g

Children's Sleep Behavior (continued)



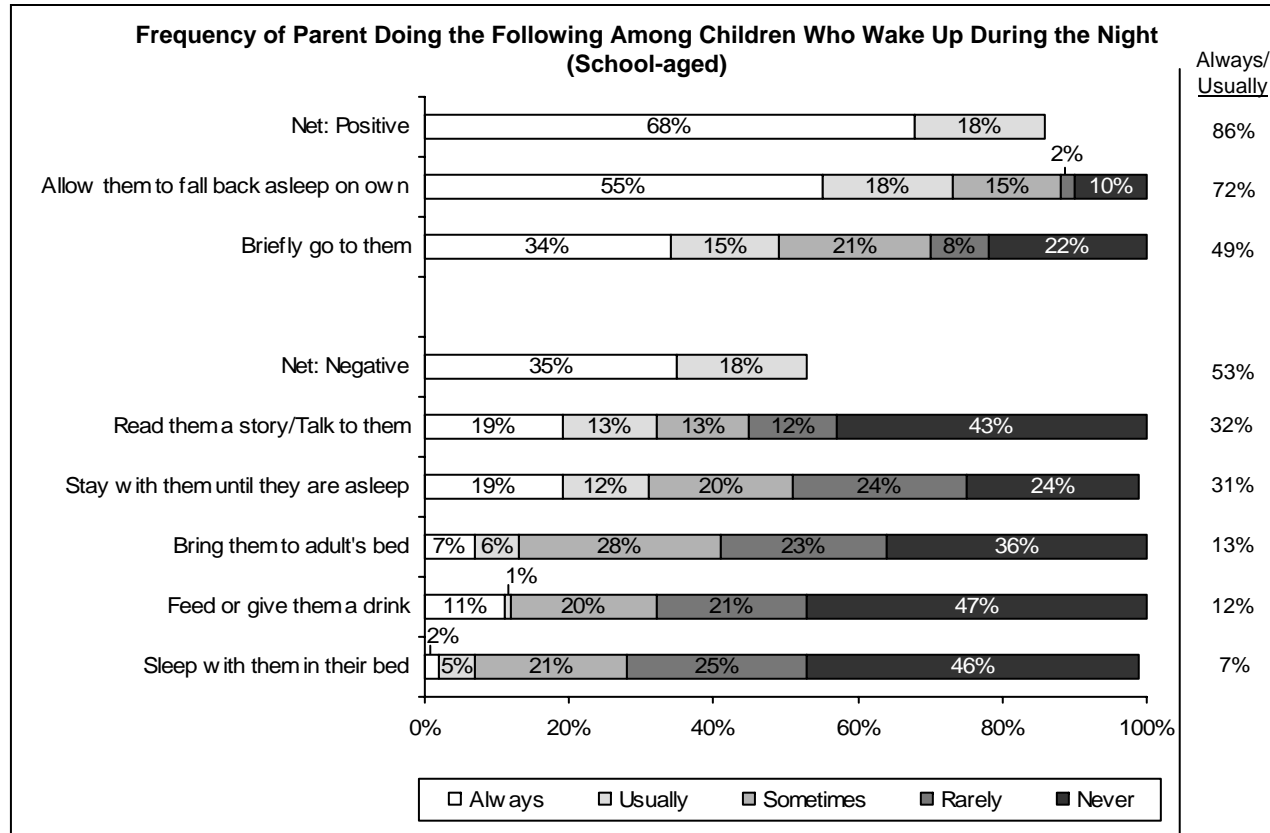
Base = Children who woke and needed attention during a typical night and able to rate (n=108-110)
 Q.20B a-g

Children's Sleep Behavior (continued)



Base = Children who woke and needed attention during a typical night and able to rate (n=136-137)
 Q.20B a-g

Children's Sleep Behavior (continued)



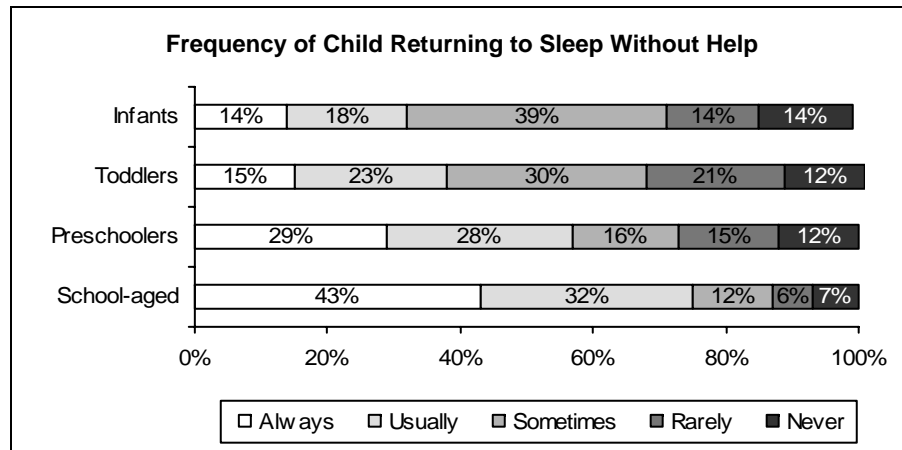
Base = Children who woke and needed attention during a typical night and able to rate (n=82-84)
Q.20B a-g

Children's Sleep Behavior (continued)

Parents/Caregivers were asked when their child woke and needed help or attention during a typical night, how often he or she returns to sleep without help.

- About one-third of infants (32%) and toddlers (37%) always or usually return to sleep without help from their parents or caregivers.
- Among preschoolers, 57% always or usually return to sleep without the help of a parent or caregiver.
- Three-fourths of school-aged children (75%) reported that they always or usually return to sleep without the help of a parent or caregiver. In fact, more than four in ten school-aged children (43%) always did this.

When children wake during the night and need help or attention, the mother alone is most often the person who goes to the child (89% infants, 85% toddlers, 71% preschoolers and 79% school-aged).



Base = Children who woke and needed attention during a typical night and able to rate (Infants n=146; Toddlers n=110; Preschoolers n=136; School-aged n=84)
Q.20c

Person Who Usually Goes to Child When They Wake Up

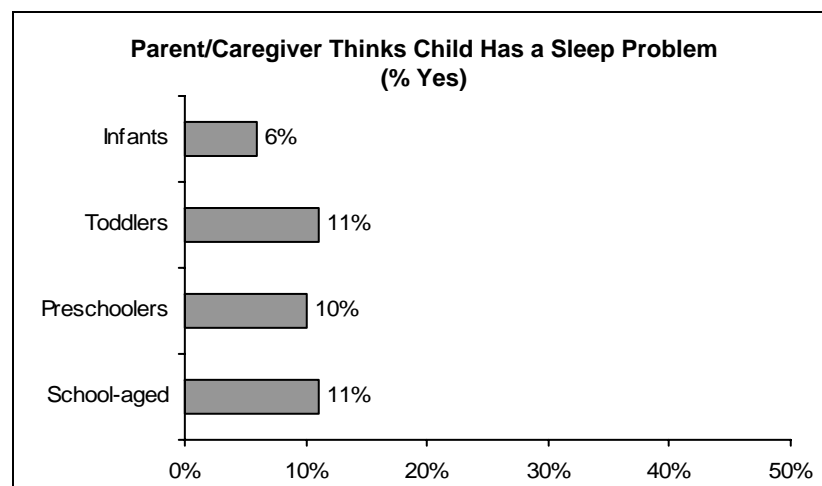
	Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E
n=	(147)	(110)	(137)	(85)
Both Mother/Father	7%	13%	9%	9%
Mother	89 ^{DE}	85 ^D	71	79
Father	18	22	23	19
Alternate between mother and father	-	5	4	4
Grandmother	1	2	1	2
Brother or sister	1	-	1	1
No one goes to child	-	-	8	5

Base = Children who woke and needed attention during a typical night
Multiple Responses Accepted, Top Mentions
Q.20d

Children's Sleep Behavior (continued)

When asked if parents/caregivers think their child has any sleep problems, about one in ten parents/caregivers of toddlers (11%), preschoolers (10%) and school-aged children (11%) think their child has a sleep problem, compared to only 6% of parents/caregivers of infants.

- Parents/Caregivers of children who sleep the least are twice as likely to say they think their child has a sleep problem (16% of the lower 25th sleep percentile vs. 8% of both the middle 50th and upper 25th percentiles).
- Parents/Caregivers who say it takes their child 30 minutes or longer to fall asleep are about three times as likely to say their child has a sleep problem compared to children who fall asleep in less than 15 minutes (16% vs. 6%).
- Parents/Caregivers of children who wake up two or more times per night compared to those children who do not wake at all during the night (24% vs. 7%) are more than three times as likely to say their child has a sleep problem.
- And, those who say their child's sleep habits cause a significant or moderate amount of stress on their marriage or relationship are the most likely to say their child has a sleep problem compared to those who cause little or no stress (34% vs. 21% vs. 5%).



Base = Those answering (Infants n=206; Toddlers n=238; Preschoolers n=383; School-aged n=632) Q.21

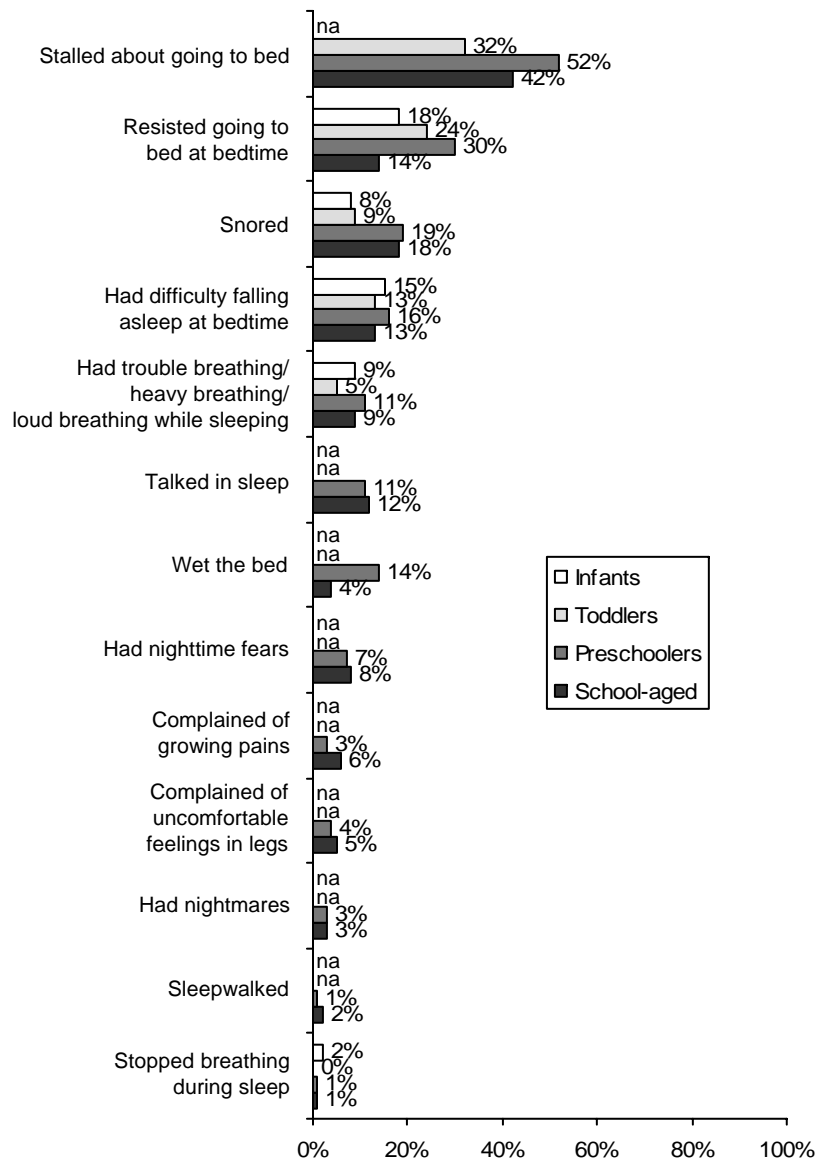
Parent/Caregiver Thinks Child Has a Sleep Problem												
	Child's Sleep Percentile*			Amount of Time it Takes Child to Fall Asleep			# of Times Child Wakes Per Night			Stress Caused on Marriage		
	Lower 25% ^B	Middle 50% ^C	Upper 25% ^D	0-14 min ^E	15-29 min ^F	30+ min ^G	2+ ^H	1 ^I	Does not wake ^J	Significant-moderate stress ^K	Little stress ^L	No stress ^M
n=	(384)	(672)	(375)	(693)	(448)	(272)	(134)	(335)	(976)	(83)	(328)	(1030)
Yes	16% ^{CD}	8%	8%	6%	13% ^E	16% ^E	24% ^J	16% ^J	7%	34% ^{LM}	21% ^M	5%

Base = Those answering

*Child's sleep percentile is based on hours slept in a 24 hour period within each age range Q.21

Children's Sleep Behavior (continued)

Sleep Behaviors Children Experience at Least a Few Nights a Week

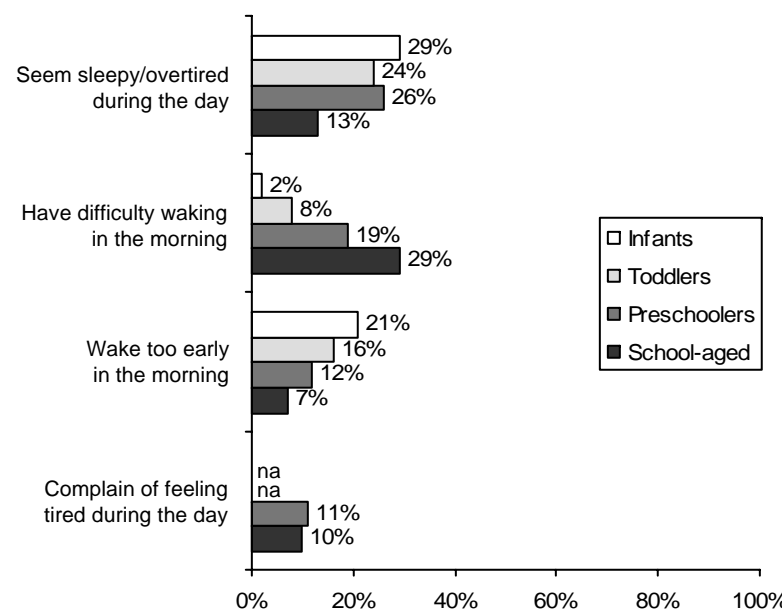


Base = Those able to rate
na = Not asked
Q.22

Parents/Caregivers were asked how often their child exhibits a number of sleep related behaviors.

- Infants most often seem sleepy or overtired during the day (29%) and/or wake too early in the morning (21%) at least a few days a week.
- Toddlers most often stall about going to bed at bedtime (32%) and/or seem sleepy or overtired during the day (24%) at least a few days or nights a week.
- Preschoolers most often stall about going to bed at bedtime (52%), resist going to bed at bedtime (30%), seem sleepy or overtired during the day (26%), snore (19%) and/or have difficulty waking in the morning (19%) at least a few days or nights a week.
- School-aged children most often stall about going to bed (42%), have difficulty waking in the morning (29%) and/or snore (18%) at least a few days or nights a week.

Sleep Behaviors Children Experience at Least a Few Days a Week

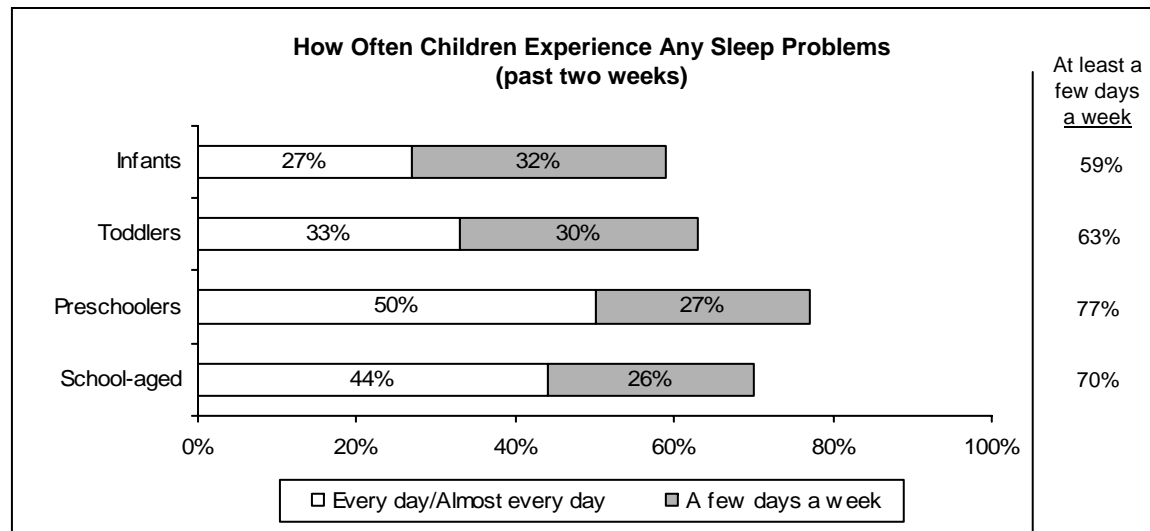


Base = Those able to rate
na = Not asked
Q.22

Children's Sleep Behavior (continued)

The majority of parents/caregivers (69%) report that their child experiences one or more of the sleep related behaviors shown on the previous page at least a few days/nights a week.

- Two in ten of all parents/caregivers say their child has difficulty waking in the morning (20%) or they seem sleepy or overtired during the day (20%) at least a few days a week. Slightly less say their child snores a few nights a week or more (16%) and 14% said their child has difficulty falling asleep at bedtime. About one in ten of all parents/caregivers (9%) say their child has trouble breathing and loud or heavy breathing while sleeping at least a few nights a week.
- Parents/Caregivers of preschoolers are most likely to say their child has experienced one of these sleep related behaviors either every day or almost every day (50%) or at least a few days a week (77%).
- Among school-aged children, 44% of parents/caregivers say their child has experienced one of these sleep related behaviors every day or almost every day and 70% say their child has experienced these behaviors at least a few days a week.
- Infants and toddlers are less likely to experience at least one of these sleep related behaviors either every day or almost every day (27% and 33%, respectively) or at least a few days a week (59%, 63%).

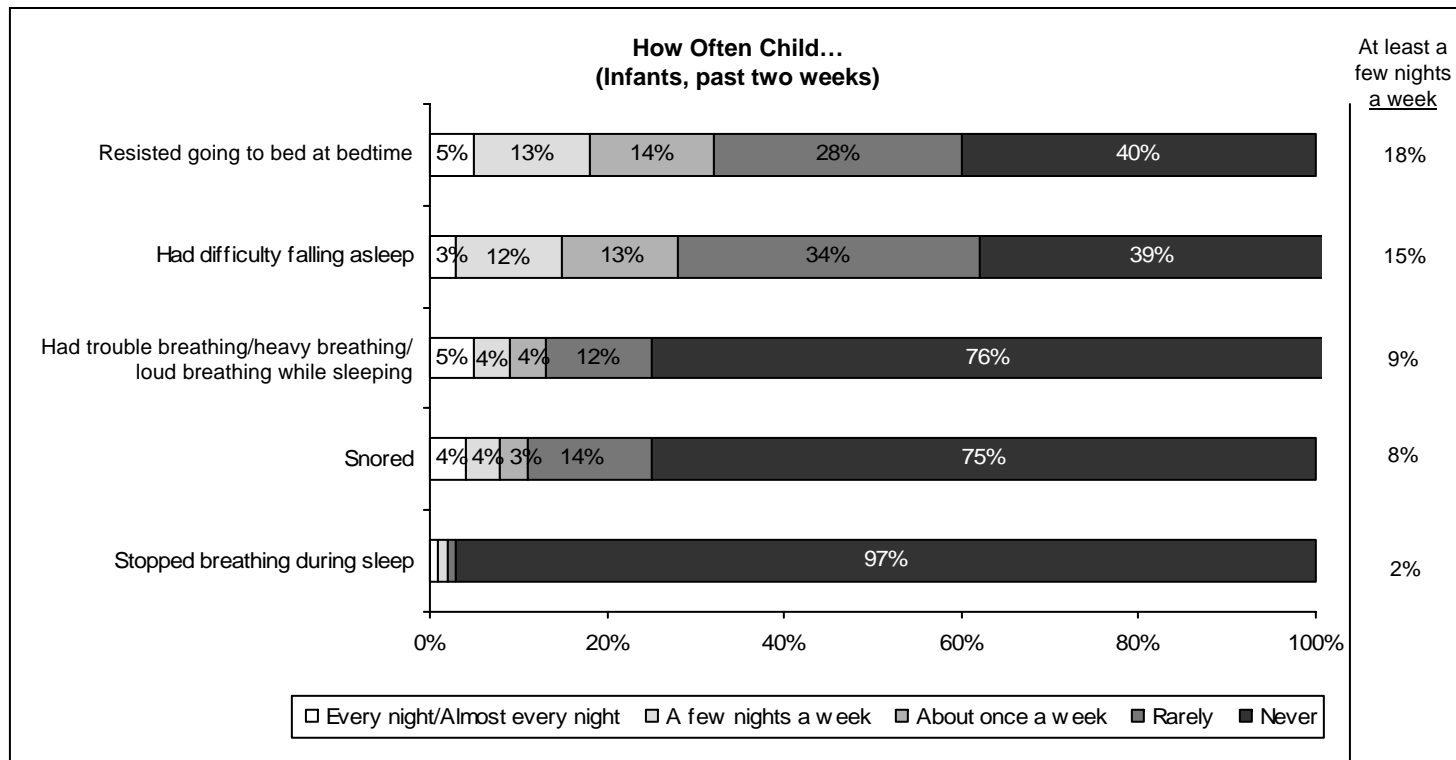


Base = Those able to rate

This chart represents children who experienced at least one sleep problem at least a few days/nights a week.

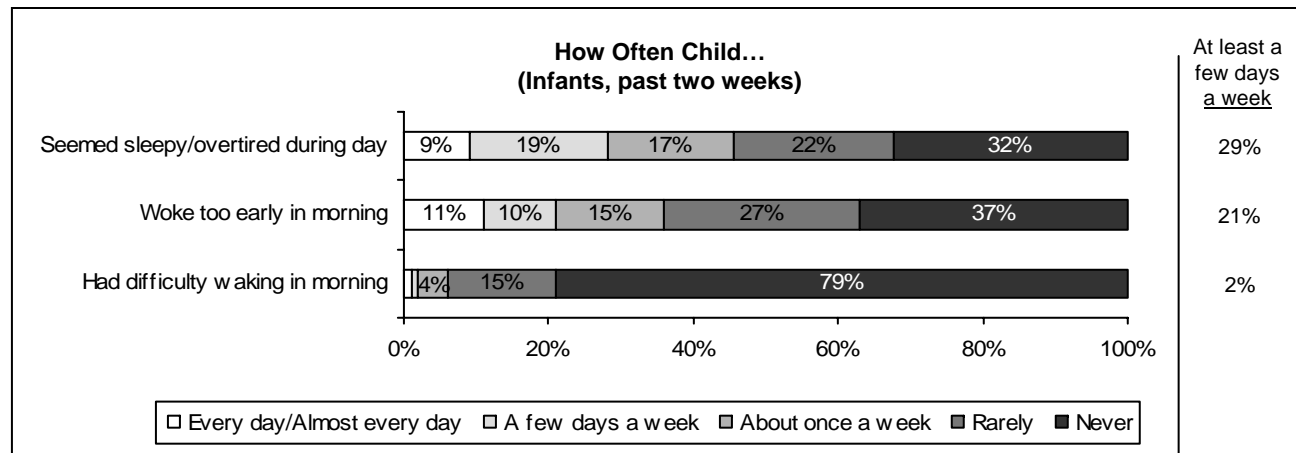
Q.22

Children's Sleep Behavior (continued)



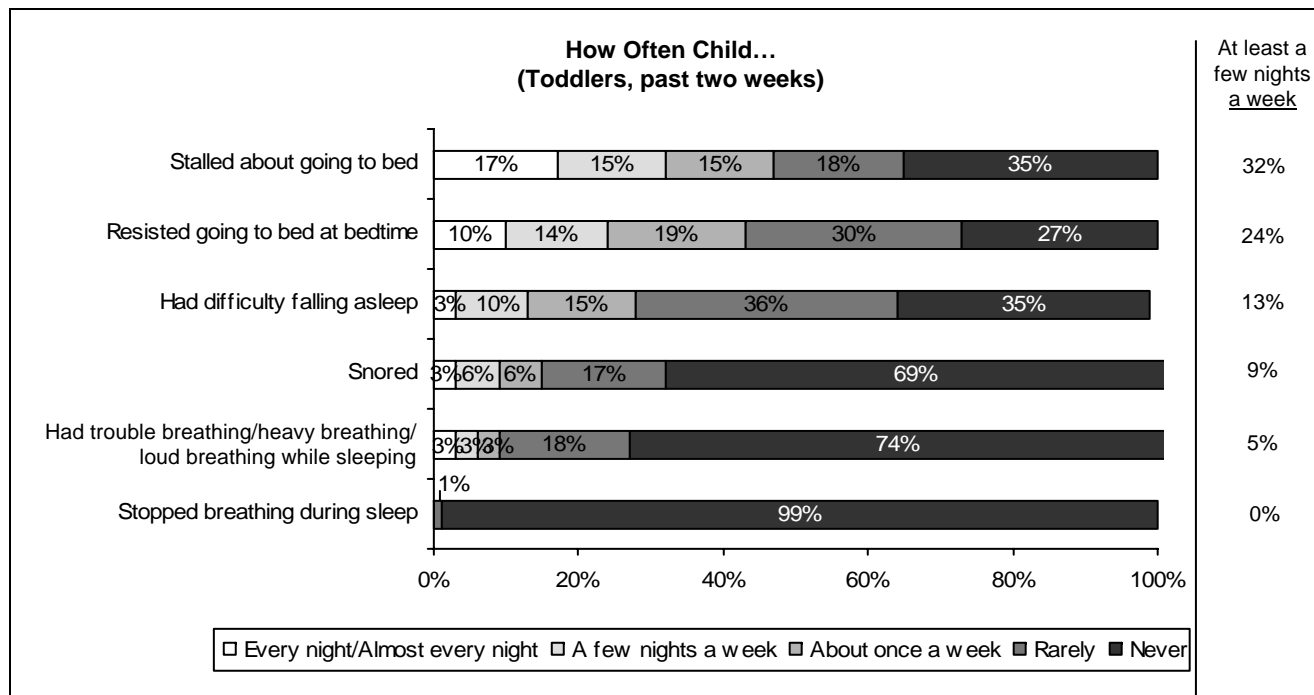
Base = Those able to rate (n=205-210)
 Note: Sections of bars not labeled = 1% or <1%
 Q.22

Children's Sleep Behavior (continued)



Base = Those able to rate (n=209-210)
 Note: Sections of bars not labeled = 1% or <1%
 Q.22

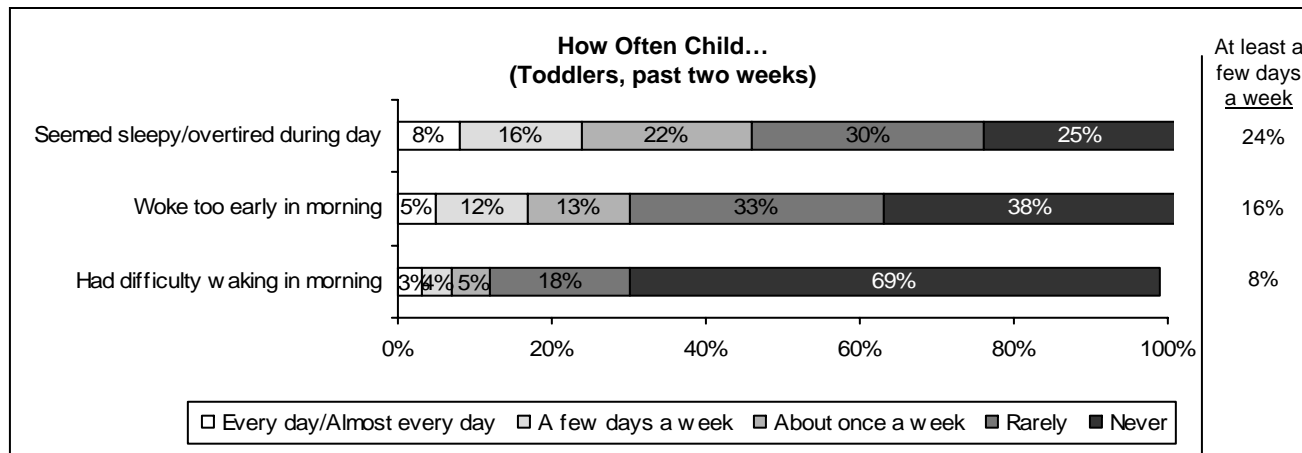
Children's Sleep Behavior (continued)



Base = Those able to rate (n=231-239)

Note: Sections of bars not labeled = 1% or <1%
Q.22

Children's Sleep Behavior (continued)

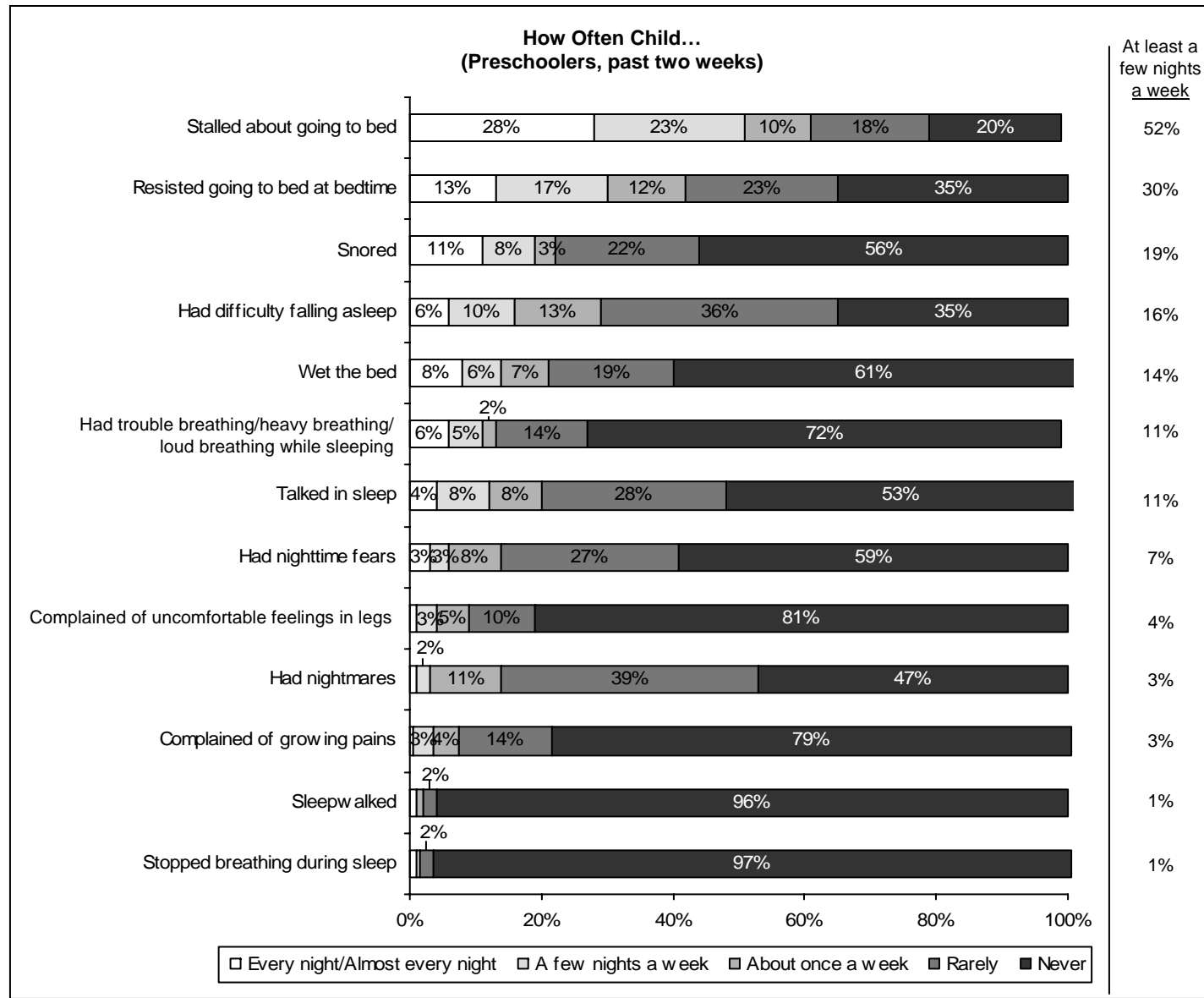


Base = Those able to rate (n=237-238)

Note: Sections of bars not labeled = 1% or <1%

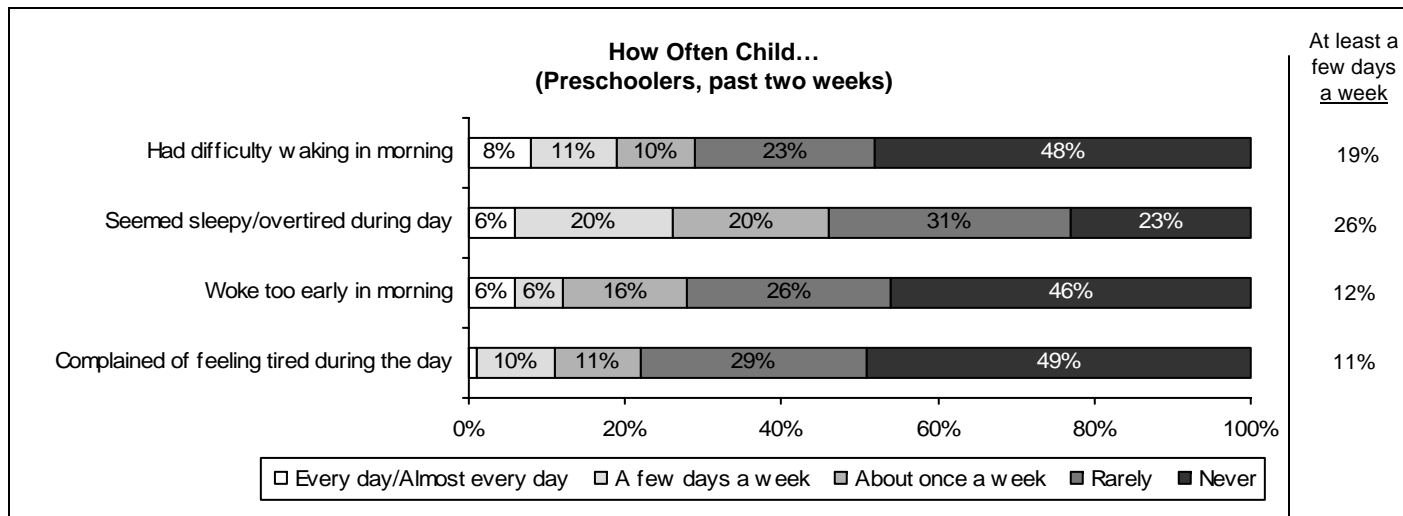
Q.22

Children's Sleep Behavior (continued)



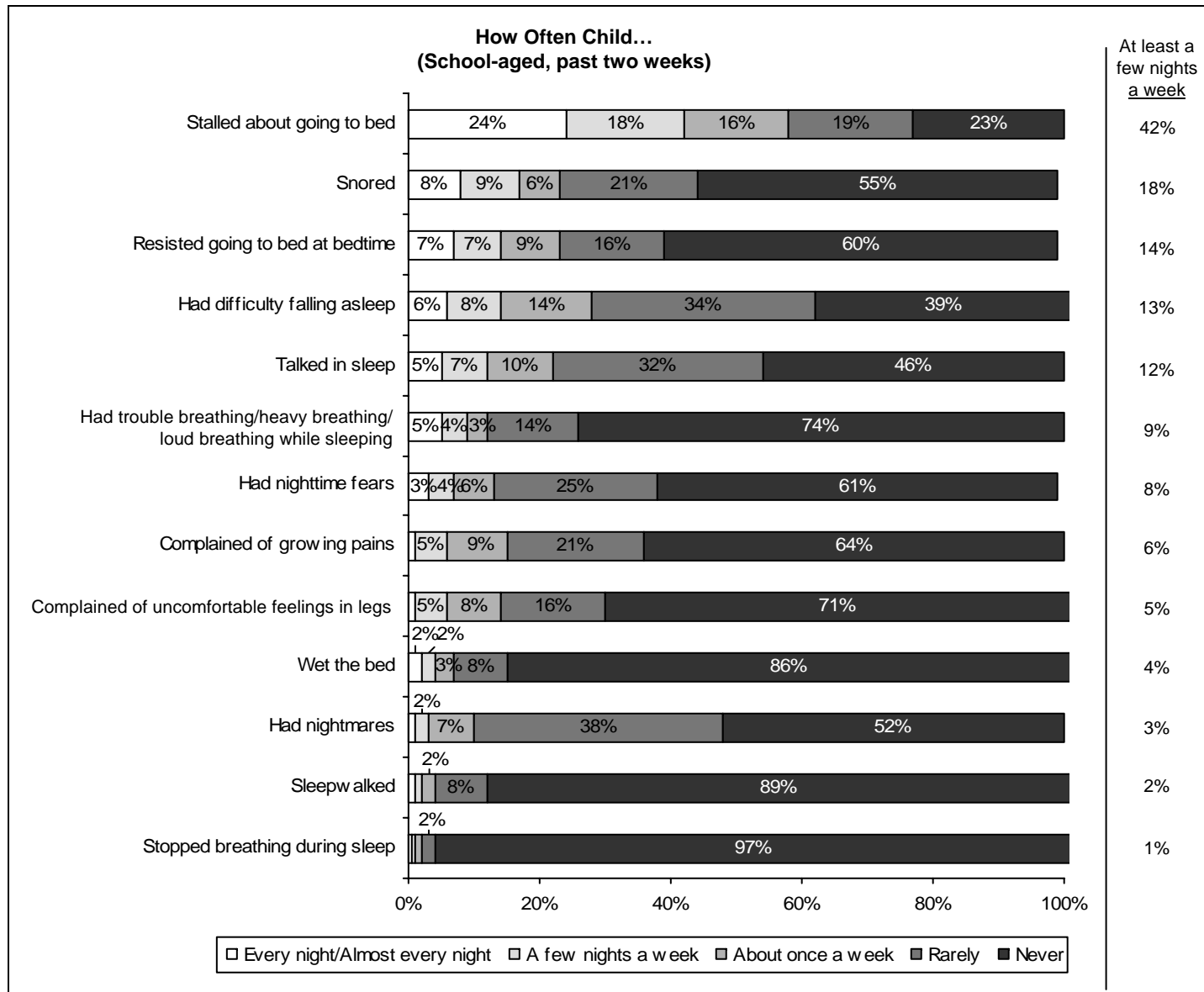
Base = Those able to rate (n=374-387)
 Note: Sections of bars not labeled = 1% or <1%
 Q.22

Children's Sleep Behavior (continued)



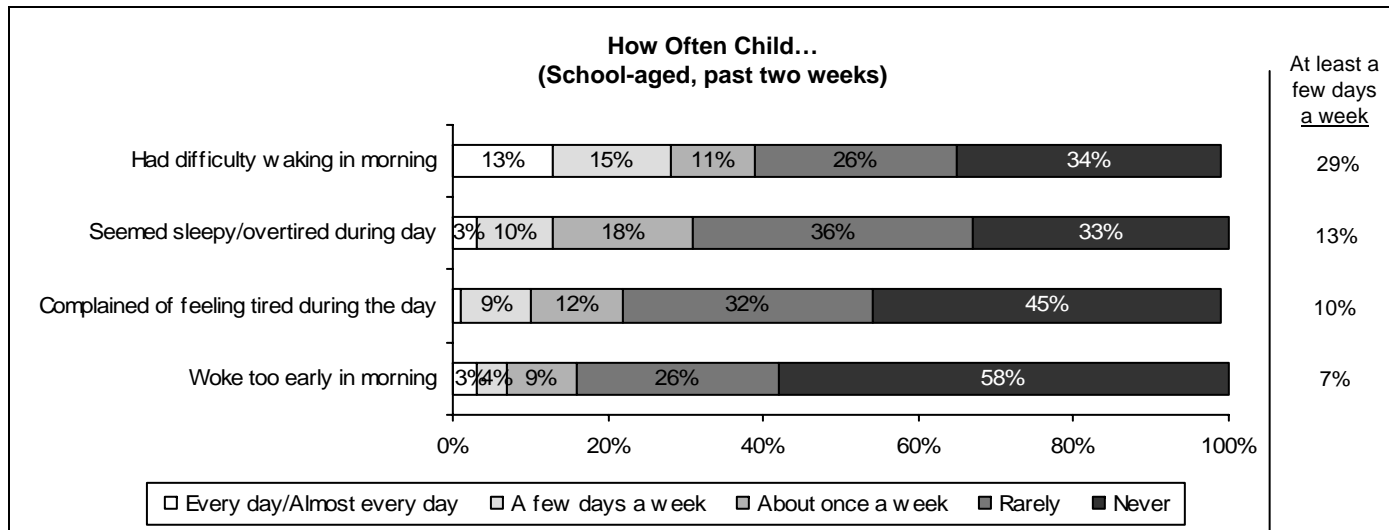
Base = Those able to rate (n=383-386)
 Note: Sections of bars not labeled = 1% or <1%
 Q.22

Children's Sleep Behavior (continued)



Base = Those able to rate (n=599-637)
 Note: Sections of bars not labeled = 1% or <1%
 Q.22

Children's Sleep Behavior (continued)

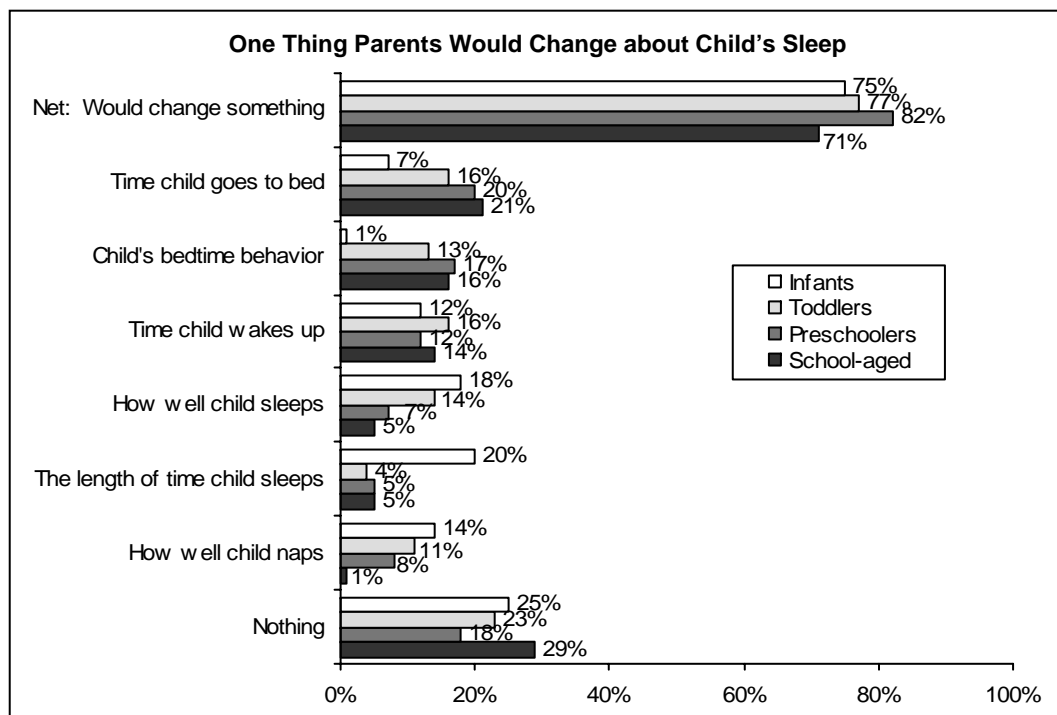


Base = Those able to rate (n=636-637)
 Note: Sections of bars not labeled = 1% or <1%
 Q.22

Children's Sleep Behavior (continued)

Parents/Caregivers were asked what is the one thing they would change about their child's sleep. The majority of all parents/caregivers say they would change something about their child's sleep (76%).

- Parents/Caregivers of infants most often say they would change the length of time their infant sleeps (20%), how well their infant sleeps (18%), how well their infant naps (14%) or the time their infant wakes up (12%).
- Most often, parents/caregivers of toddlers say they would change the time their child goes to bed (16%), the time their toddler wakes up (16%), how well their toddler sleeps (14%), their toddler's bedtime behavior (13%) or how well their toddler naps (11%).
- Parents/Caregivers of preschoolers and school-aged children would most often change the time their child goes to bed (20% and 21%, respectively), their child's bedtime behavior (17%, 16%) or the time the child wakes up (12%, 14%).
- Parents/Caregivers of children who sleep the least are more likely to say they would change something about their child's sleep compared to their counterparts (84% of the lower 25th sleep percentile vs. 75% of the middle 50th percentile and 69% of the upper 25th percentile).



Base = Those answering (Infants n=210; Toddlers n=239; Preschoolers n=386; School-aged n=636)

Top Mentions
Q.23

One Thing Parents Would Change about Child's Sleep

	Child's Sleep Percentile*		
	Lower 25% ^B	Middle 50% ^C	Upper 25% ^D
n=	(389)	(679)	(375)
Net: Would change something	84% ^{CD}	75% ^C	69%
Time child goes to bed	26 ^{CD}	18	14
Child's bedtime behavior	16	12	18 ^C
Time child wakes up	9	17 ^B	13
How well child sleeps at night	10 ^D	9 ^D	5
Length of time child sleeps	9 ^D	6	4
How well child naps	7	6	5
Nothing	16	25 ^B	31 ^{BC}

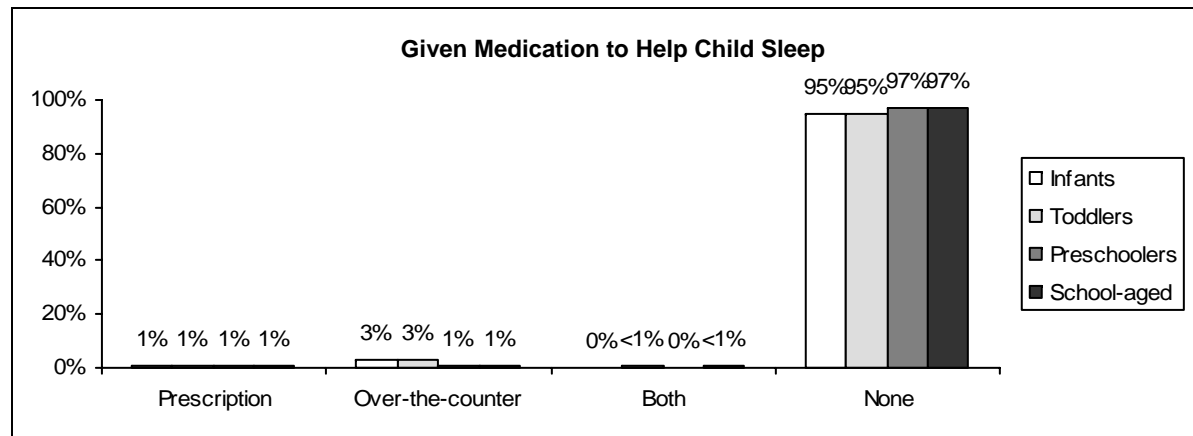
Base = Those answering

*Child's sleep percentile is based on hours slept in a 24 hour period within each age range
Q.23

Children's Sleep Behavior (continued)

Parents/Caregivers were asked if their child has ever been given any medications to help him or her sleep. The vast majority said their child was never given any medication, whether it was prescription or over-the-counter, to help their child sleep (95%-97%).

- Three percent or fewer of parents/caregivers said they gave their child an over-the-counter medication to help their child sleep (1%-3%) while 1% of children were given a prescription medication.

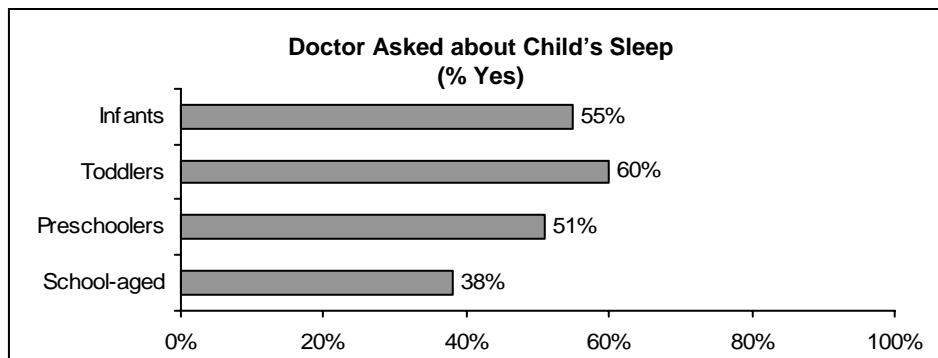


Base = Those answering (Infants n=210; Toddlers n=239; Preschoolers n=387; School-aged n=636)
Q.55

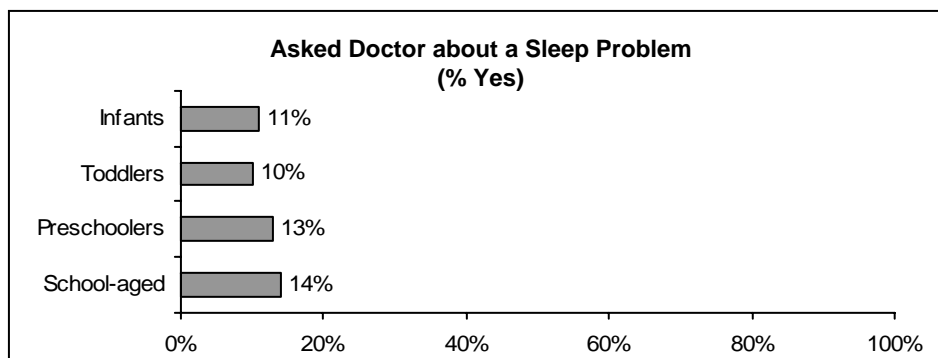
Children's Sleep Behavior (continued)

Parents/Caregivers were asked about discussions they may have had with their child's doctor about their child's sleep habits as well as if their child has a sleep problem and if they snore.

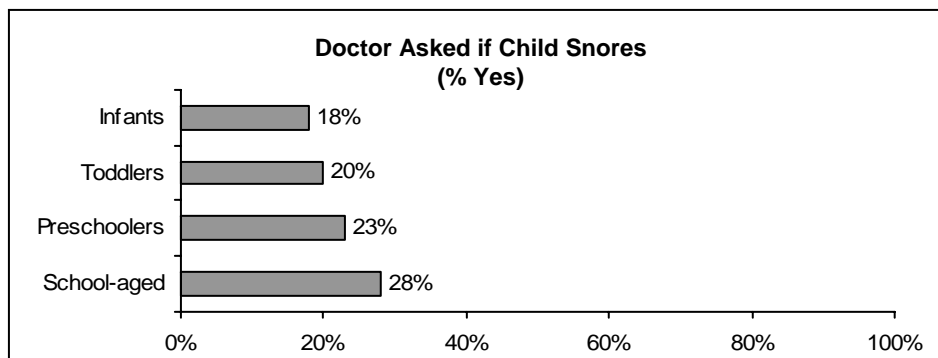
- Almost one-half of all parents/caregivers (47%) say their child's doctor asked about their child's sleep. Only 13% said the doctor asked about any sleep problems their child may have and 24% said the doctor asked if their child snores.
- Parents/Caregivers of younger children are more likely to say the child's doctor asked them about their child's sleep (51%-60% vs. 38% school-aged).
- Between 10% and 14% of parents/caregivers of children across the four age groups report that they have asked their child's doctor about a sleep problem.
- And, 18% to 28% of parents/caregivers of children across the four age groups report that their child's doctor asked if the child snores.
 - The older the child, the more likely it is that their doctor asked if they snore.



Base = Those answering (Infants n=204; Toddlers n=233; Preschoolers n=376; School-aged n=624)
Q.56



Base = Those answering (Infants n=209; Toddlers n=239; Preschoolers n=385; School-aged n=637)
Q.58



Base = Those answering (Infants n=197; Toddlers n=219; Preschoolers n=355; School-aged n=611)
Q.57

Bedtime Routine

Bedtime Routine

Parents/Caregivers were asked the amount of time it took for their child to fall asleep from lights out to being asleep.

- More than one-half of parents/caregivers of school-aged children and preschoolers report that it takes their child 15 minutes or more to fall asleep at night (54% for each) compared to toddlers (46%) and infants (43%).
 - Infants are more than twice as likely than older children to fall asleep in less than five minutes (12% vs. 5% in the three older age groups).
- Parents/Caregivers of children who get less sleep are more likely to say their child takes more than 20 minutes to fall asleep from lights out to being asleep compared to children who get more sleep (30% of the lower 25th sleep percentile vs. 16% of the middle 50th and 18% of the upper 25th percentiles).

	Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E
	n= (204)	(233)	(376)	(613)
Less than 5 minutes	12% ^{CDE}	5%	5%	5%
5 to 9 minutes	17	18	19	17
10 to 14 minutes	28	30 ^D	22	24
15 to 20 minutes	30	28	32	32
More than 20 minutes	13	18	22 ^B	22 ^B
Mean (# of minutes)	13.0	16.4 ^B	17.4 ^B	17.2 ^B
Median (# of minutes)	10.0	10.0	15.0	15.0

Base = Those answering Q.5

	Child's Sleep Percentile*		
	Lower 25% ^B	Middle 50% ^C	Upper 25% ^D
	n= (375)	(661)	(365)
Less than 5 minutes	4%	7% ^B	6%
5 to 9 minutes	15	17	20
10 to 14 minutes	21	26	28 ^B
15 to 20 minutes	31	34 ^D	28
More than 20 minutes	30 ^{CD}	16	18
Mean (# of minutes)	21.2 ^{CD}	15.0	14.9
Median (# of minutes)	15.0	15.0	10.0

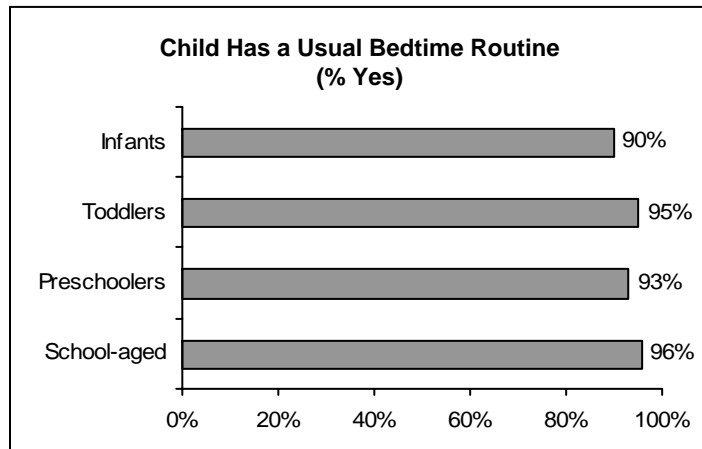
Base = Those answering

*Child's sleep percentile is based on hours slept in a 24 hour period within each age range Q.5

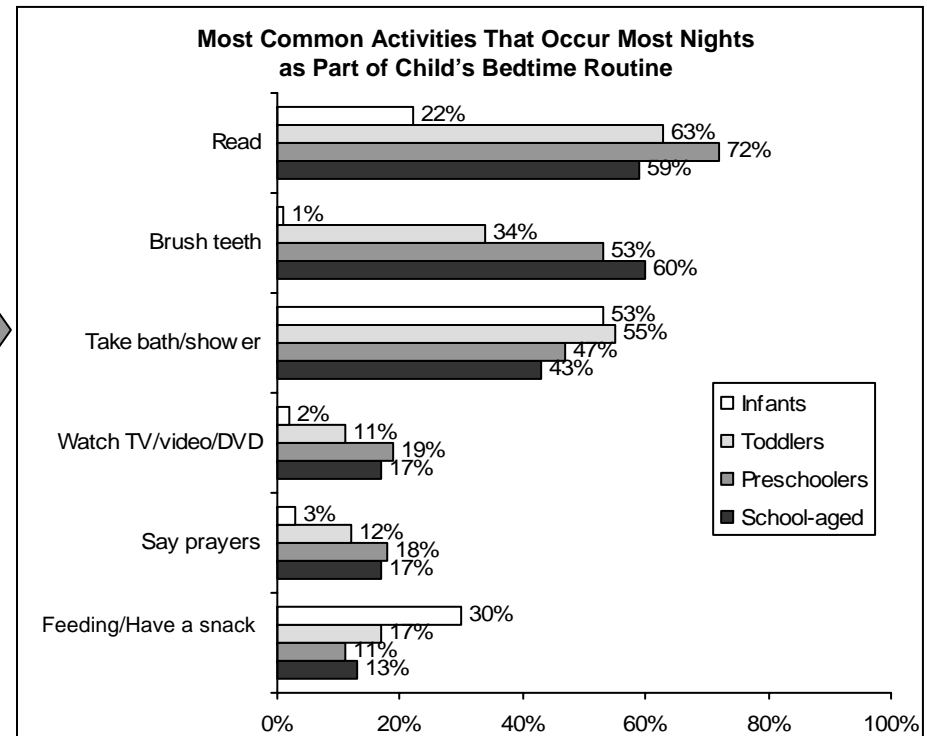
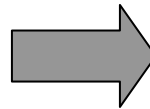
Bedtime Routine (continued)

Parents/Caregivers were asked whether their child has a usual bedtime routine and, if so, what are the three most common activities that occur most nights as part of that routine. The overwhelming majority of parents/caregivers (90%-96%) indicate that their child has a usual bedtime routine.

- The most frequently mentioned activities that occur most nights as part of the child's bedtime routine for toddlers and older children include reading to a parent/caregiver or the parent/caregiver reading to the child (59%-72%), brushing teeth (34%-60%) and/or taking a bath or shower (43%-55%).
- Parents/Caregivers of infants are most likely to say their child takes a bath (53%) and/or is fed or has a snack as part of their bedtime routine (30%).
- Children who get more sleep or the average amount of sleep are more likely to read as part of their bedtime routine (62% of the upper 25th sleep percentile and 63% of the middle 50th percentile vs. 54% of the lower 25th percentile) and are less likely to watch TV, a video, or a DVD (11% of the upper 25th percentile and 14% of the middle 50th percentile vs. 21% of the lower 25th percentile) compared to their counterparts.



Base = Those answering
(Infants n=210; Toddlers n=239; Preschoolers n=387; School-aged n=637)
Q.11



Base = Children who have a usual bedtime routine and answering
(Infants n=187; Toddlers n=225; Preschoolers n=359; School-aged n=609)
Up to Three Responses Accepted, Top Mentions
Q.11a

Bedtime Routine (continued)

		Child's Sleep Percentile*		
		Lower 25% ^B	Middle 50% ^C	Upper 25% ^D
<u>Has a usual bedtime routine</u>	n=	(390)	(679)	(376)
Yes		92%	95% ^B	95%
<u>Most common activities as part of bedtime routine¹</u>	n=	(357)	(644)	(355)
Read		54%	63% ^B	62% ^B
Brush teeth		44	50	51 ^B
Take bath/shower		50 ^D	49 ^D	41
Watch TV/video/DVD		21 ^{CD}	14	11
Say prayers		13	14	18
Have a snack		14	16	14

Base = Those answering

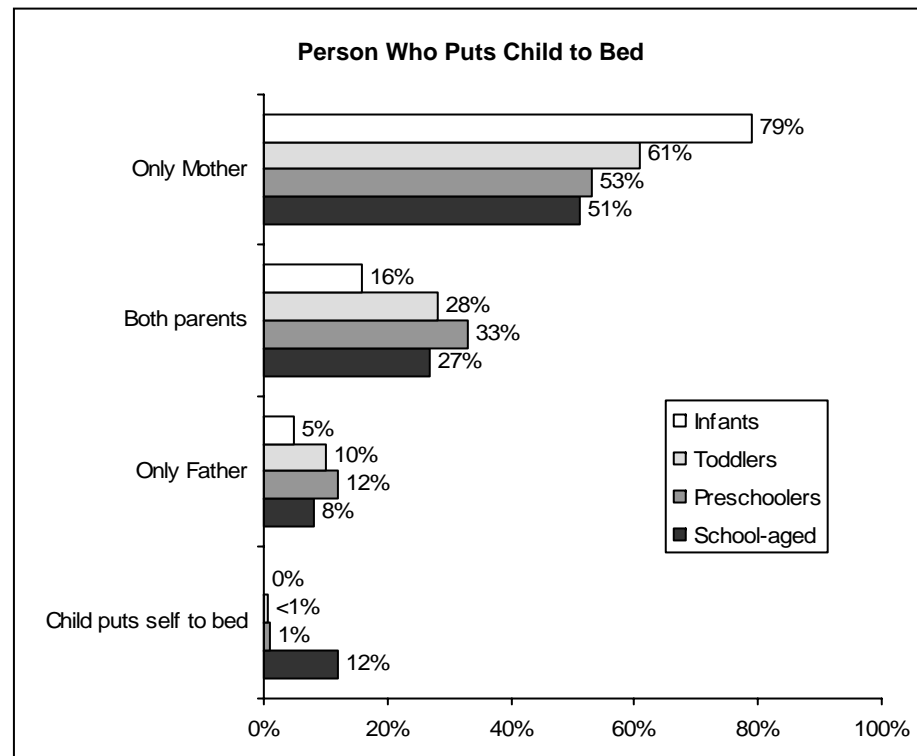
¹Base = Children who have a usual bedtime routine and answering

*Child's sleep percentile is based on hours slept in a 24 hour period within each age range Q.11,11a

Bedtime Routine (continued)

Parents/Caregivers were asked who typically puts their child to bed.

- Most children are put to bed by their mothers only (51%-79%). Some are put to bed by both parents (16%-33%) or their father only (5%-12%).
- At the same time, 12% of school-aged children put themselves to bed, compared to 0%-1% of children preschool age or younger.
- Infants are more likely than other age groups to have only their mother put them to bed (79% vs. 51%-61%) and least likely to have both parents put the child to bed (16% vs. 27%-33%).

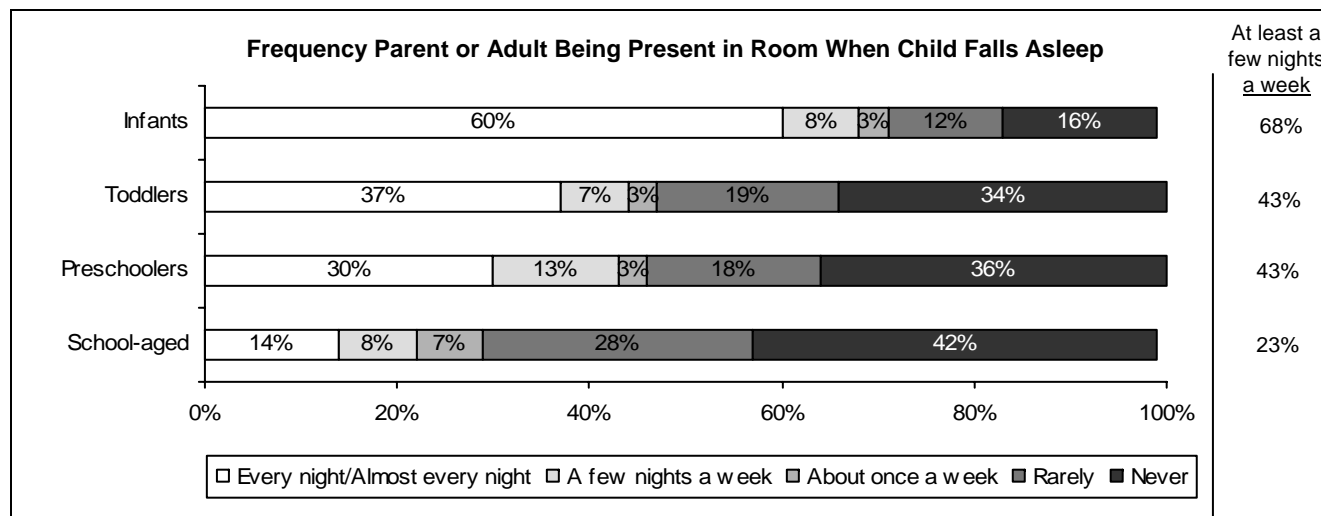


Base = Those answering (Infants n=210; Toddlers n=239; Preschoolers n=387; School-aged n=637)
 Multiple Responses Accepted, Top Mentions
 Q.16

Bedtime Routine (continued)

Parents/Caregivers were asked how frequently a parent or another adult is present in the room while their child falls asleep. As children get older, parents/caregivers tend to be in the room less often when their child falls asleep.

- About two-thirds of parents/caregivers of infants (68%) are in the room at least a few nights a week when their child falls asleep.
- In comparison, 43% of both toddlers and preschoolers have a parent/caregiver present when they fall asleep, and 23% of school-aged children have a parent/caregiver present.
 - Children who have nighttime fears (45% vs. 28%) or have nightmares (46% vs. 29%) at least a few nights a week are more likely to have a parent/caregiver in their room when they fall asleep at least a few nights a week compared to those who rarely or never experience these fears.
- Parents/Caregivers who are in their child's room when their child falls asleep at least a few nights a week are more likely to say their child wakes two or more times per night compared to their counterparts (14% vs. 4%). Parents/Caregivers who say they are rarely or never present in the bedroom when their child falls asleep are more likely to say that their child did not wake during the night compared to those who are in their child's room at least a few nights a week (78% vs. 53%).



Base = Those able to rate (Infants n=210; Toddlers n=238; Preschoolers n=385; School-aged n=636)
Q.17

Bedtime Routine (continued)

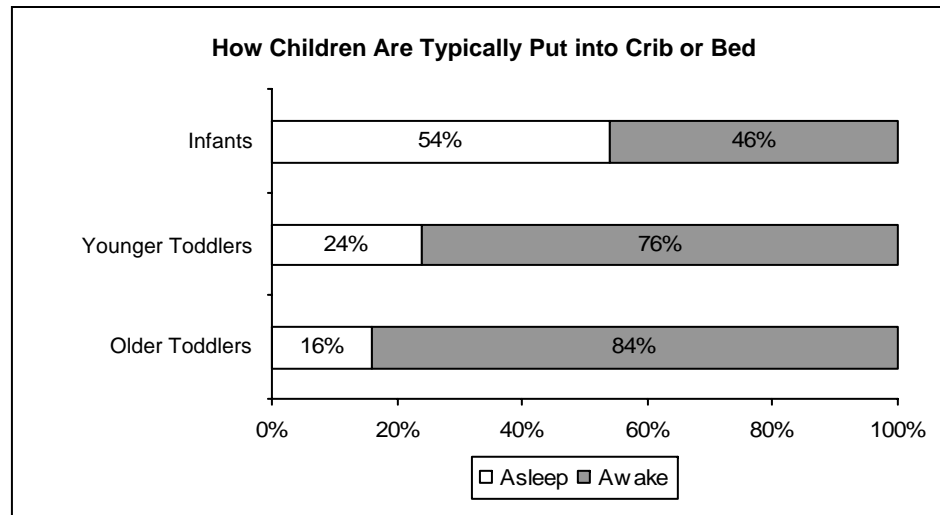
Frequency Parent or Adult Is Present in Room When Child Falls Asleep													
	Marital Status		Stress Caused on Marriage			Child Has Nighttime Fears		Child Has Nightmares		# of Times Child Wakes Per Night			
	n=	<u>Married^B</u> (1341)	<u>Not married^C</u> (125)	<u>Significant-moderate stress^D</u> (83)	<u>Little stress^E</u> (333)	<u>No stress^F</u> (1034)	<u>Few nights a week+^G</u> (74)	<u>Rarely/ Never^H</u> (877)	<u>Once a week+^I</u> (117)	<u>Rarely/ Never^J</u> (902)	<u>2+^K</u> (138)	<u>1^L</u> (339)	<u>Does not wake^M</u> (977)
Every night/ Almost every night		26%	38% ^B	50% ^{EF}	37% ^F	22%	31% ^H	19%	29% ^J	19%	61% ^{LM}	38% ^M	20%
A few nights a week		9	8	9	13 ^F	8	14	9	17 ^J	9	9	11	9
About once a week		5	4	5	6	4	9	5	8	5	2	6	5
Rarely		23	18	18	19	24	27	24	22	24	11	21 ^K	24 ^L
Never		37	32	19	26	42 ^{DE}	19	43 ^G	23	42 ^I	17	25	43 ^{KL}
At least a few nights a week		35	46 ^B	59 ^F	50 ^F	30	45 ^H	28	46 ^J	29	70 ^{LM}	49 ^M	28
Rarely/Never		60 ^C	50	37	45	66 ^{DE}	46	67 ^G	45	67 ^I	28	45 ^K	67 ^{KL}

Base = Those able to rate
Q.17

Bedtime Routine (continued)

Parents/Caregivers of children younger than three years of age were asked whether their child is typically put into their crib or bed awake or asleep.

- Slightly more than one-half of infants are typically put to bed when they are already asleep (54%).
- About one-fourth of younger toddlers (24%) are put into their bed or crib already asleep; 16% of parents/caregivers of older toddlers report the same.

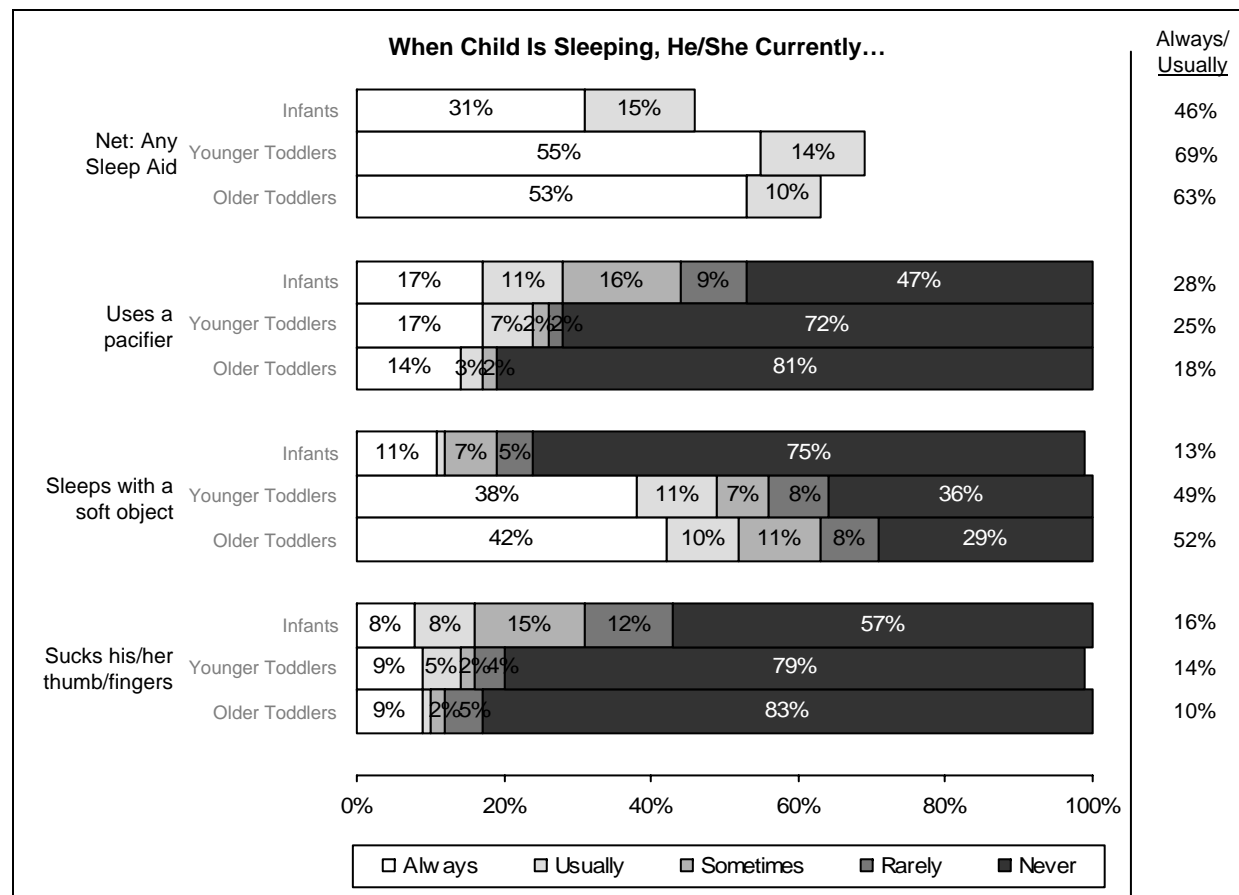


Base = Children less than 3 years old and answering (Infants n=202; Younger Toddlers n=121; Older Toddlers n=116)
Q.27

Bedtime Routine (continued)

Parents/Caregivers of children younger than three years of age were asked how often their child uses a pacifier, sleeps with a soft object or sucks his or her thumb or other fingers while sleeping.

- Almost one-half of these children always or usually use or do one of these three things while they are sleeping (46%-69%).
- About one-half of parents/caregivers of toddlers say their child always or usually sleeps with a soft object (49% younger toddlers, 52% older toddlers) with 38% of younger toddlers and 42% of older toddlers always doing this. Three-fourths of parents/caregivers of infants say their child never sleeps with a soft object (75%).
- More than seven in ten younger and older toddlers never use a pacifier (72% and 81%) nor suck his or her thumb or fingers (79% and 83%) while sleeping.



Base = Children less than 3 years old and able to rate (Infants n=209; Younger Toddlers n=121; Older Toddlers n=118)

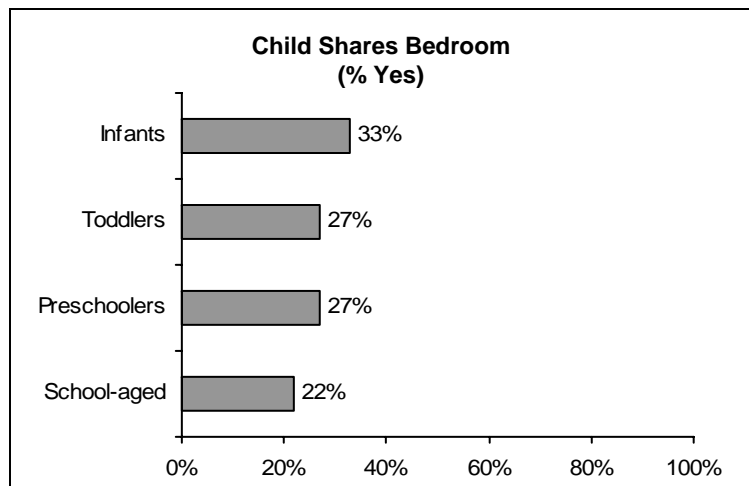
Note: Sections of bars not labeled = 1% or <1%
Q.30a,b,d

Sleep Environment

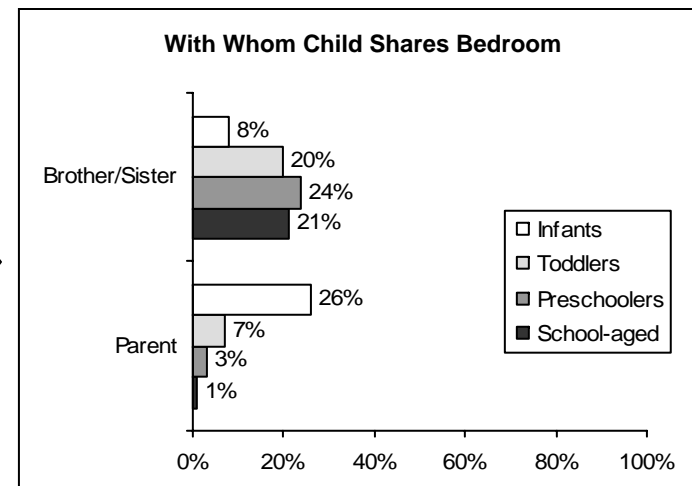
Sleep Environment

Parents/Caregivers were asked if their child has his or her own bedroom. One-third or fewer reported that their child shares a bedroom with someone else (22%-33%).

- Among those children who share a bedroom, with the exception of infants, about two in ten share a bedroom with a brother or sister (20%-24%) while less than one in ten share a room with a parent (1%-7%). Slightly less than one in ten infants share a bedroom with a brother or sister (8%), while 26% sleep in the same bedroom with a parent.



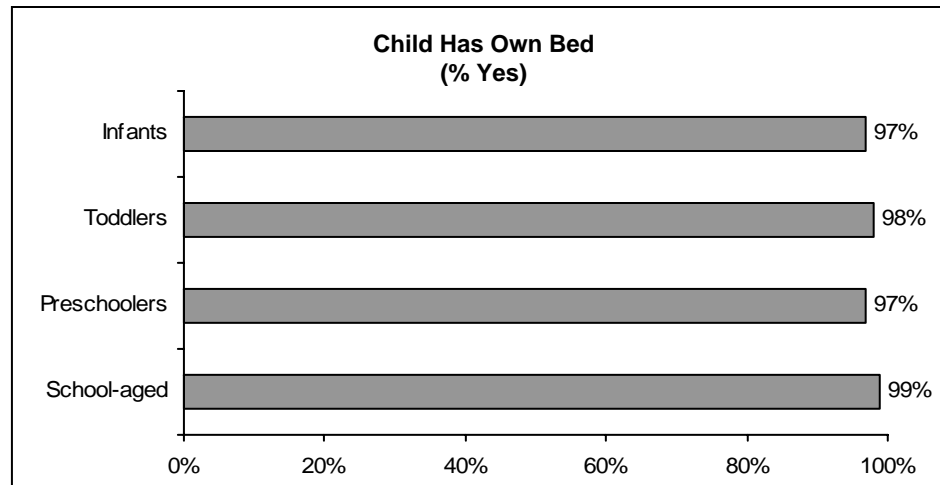
Base = Those answering
 (Infants n=210; Toddlers n=239; Preschoolers n=387; School-aged n=637)
 Q.13



Base = Those answering
 (Infants n=210; Toddlers n=239; Preschoolers n=387; School-aged n=637)
 Top Mentions
 Q.13a

Sleep Environment (continued)

Parents/Caregivers were then asked if their child has his or her own bed. The vast majority of children have their own bed (97%-99%).

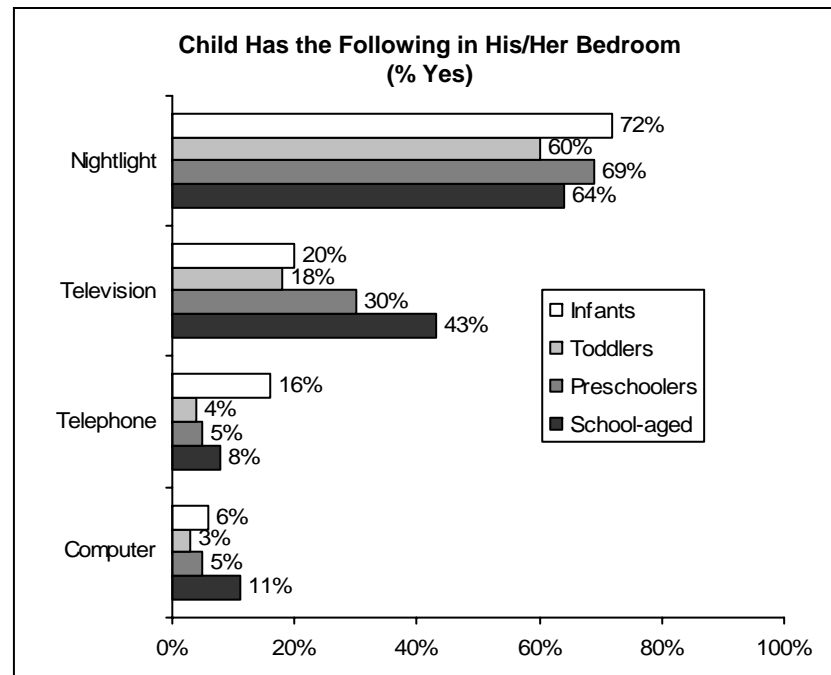


Base = Those answering (Infants n=210; Toddlers n=239; Preschoolers n=387; School-aged n=637)
Q.14

Sleep Environment (continued)

Parents/Caregivers were asked about the presence of either a nightlight, television, telephone or computer in their child's bedroom.

- The majority of children have a nightlight in their bedroom (60%-72%).
- School-aged children are most likely to have a television in their bedroom (43%), however, 30% of preschoolers, 18% of toddlers and 20% of infants also have a television in their bedroom.
 - Children who have a TV in their room are more likely to get less sleep or be in the lower 25th sleep percentile (31% vs. 24%) and go to bed later, on average (9:12 p.m. vs. 8:53 p.m.) or more specifically, between 10:00 p.m. and 10:59 p.m. (16% vs. 8%) compared to those who do not have a TV in their bedroom. Those who do not have a TV in their bedroom are more likely to get more sleep or fall into the upper 25th percentile (27% vs. 22%) compared to their counterparts.



Base = Those answering (Infants n=210; Toddlers n=239; Preschoolers n=387; School-aged n=637)
Q.15a-d

Sleep Environment (continued)

	Child Has TV in Room	
	Yes ^B	No ^C
	n= (473)	(1000)
Profile of Key Variables by Presence of Television in Child's Bedroom		
<u>Child's Sleep Percentile*</u>		
Lower 25%	31% ^C	24%
Middle 50%	44	47
Upper 25%	22	27 ^B
<u>Time Child Goes to Bed</u>		
7:00 - 7:59 p.m.	2%	6% ^B
8:00 - 8:59 p.m.	29	41 ^B
9:00 - 9:59 p.m.	49 ^C	41
10:00 - 10:59 p.m.	16 ^C	8
<u>Time Child Wakes Up in the Morning</u>		
5:00 - 5:59 a.m.	2%	3%
6:00 - 6:59 a.m.	38 ^C	29
7:00 - 7:59 a.m.	46	52
8:00 - 8:59 a.m.	8	12 ^B

Base = Those answering
 *Child's sleep percentile is based on hours slept in a 24 hour period within each age range
 Q.2,3,6/7/8

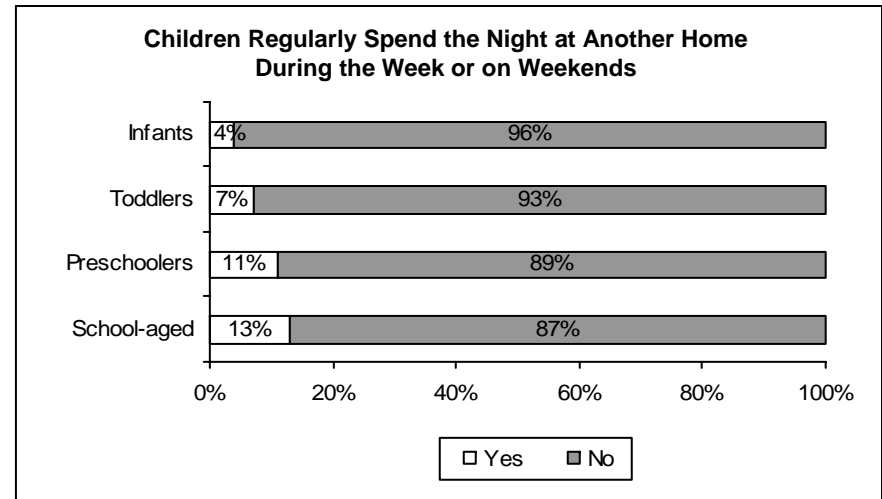
	Child Has TV in Room	
	Yes ^B	No ^C
	n= (473)	(1000)
Profile of Key Variables by Presence of Television in Child's Bedroom		
<u>Marital Status</u>		
Married	88%	93% ^B
Not married	12 ^C	7
<u>Household Income</u>		
Less than \$40,000	28% ^C	21%
\$40,000-\$74,999	40	38
\$75,000 or more	32	41 ^B
<u>Time Spent Watching TV</u>		
None	3%	10% ^B
Less than 1 hour*	6	18 ^B
1 to less than 2 hours	38	42
2 hours or more	53 ^C	31
Mean (# of hours)	1.8 ^C	1.3
Median (# of hours)	2.0	1.0
<u>Adult Present When Child Falls Asleep</u>		
At least a few nights a week	41% ^C	34%
At least once a week	46 ^C	39
Rarely/Never	54	61 ^B

Base = Those answering
 *Excludes None
 Q.17,39d,77,83

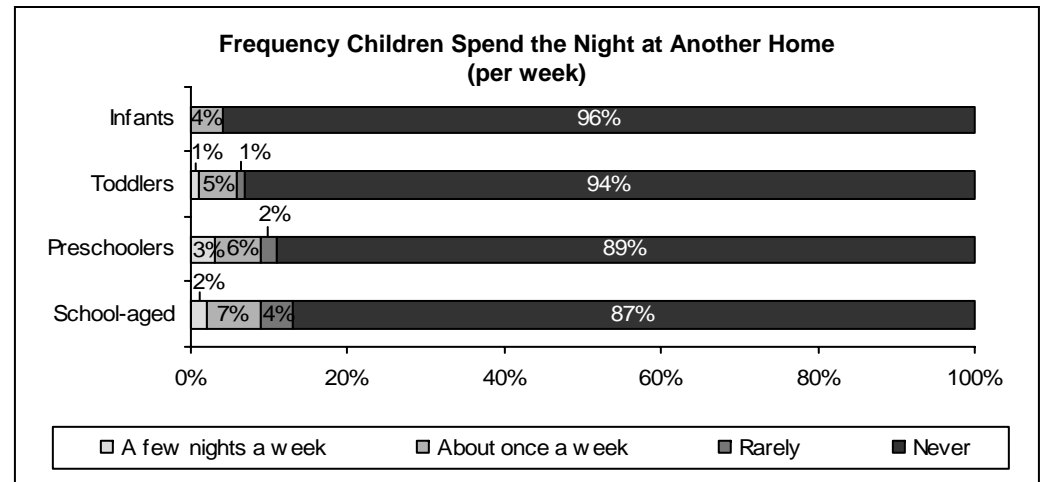
Sleep Environment (continued)

Parents/Caregivers were asked if their child regularly spends the night at another home during the week or weekends, such as at another parents' or a grandparents' house and, if so, how many nights per week they do so.

- Less than one in seven children spend the night somewhere other than his or her own home (4%-13%).
- Among those who spend the night at another home, very few do so a few nights a week (0%-3%), while about one in twenty spend the night somewhere other than his or her own home about once a week (4%-7%).



Base = Those answering (Infants n=210; Toddlers n=239; Preschoolers n=386; School-aged n=636)
Q.18



Base = Those answering (Infants n=210; Toddlers n=239; Preschoolers n=387; School-aged n=637)
Q.18a

Sleep Environment (continued)

Parents/Caregivers were asked where their child typically falls asleep, sleeps most of the night and wakes up in the morning. These responses indicate that children's sleep environment remains fairly consistent, however, infants are more likely to change sleep location.

- Many infants are likely to fall asleep in their own bed (38%), while the majority will spend most of the night (60%) and wake up in the morning (59%) in their own room and bed alone. Infants are more likely than older children to fall asleep (18%), spend most of the night (24%) and wake up in the morning (22%) in their parents' room, though not in their parents' bed. A smaller group of infants are also likely to fall asleep (11%), sleep most of the night (12%) and wake up in the morning (16%) in their parents' room in their parents' bed.
- A majority of toddlers fall asleep in their own room where they sleep alone in their own bed (63%). An even greater number will sleep in their own room alone most of the night (76%), while 75% wake up in the morning in their own room alone. A smaller proportion of toddlers fall asleep (9%), sleep most of the night (8%) and wake up in the morning (11%) in their parents' room in their parents' bed.
- Most preschoolers fall asleep (62%), sleep most of the night (74%) and wake up (69%) in their own room in their own bed alone. About 10% fall asleep, 11% sleep most of the night and 16% wake up in the morning in their parents' room in their parents' bed.
- School-aged children are the most likely to fall asleep (78% vs. 38%-63%), sleep most of the night (85% vs. 60%-76%) and wake up (83% vs. 59%-75%) in their own room and in their own bed.

Sleep Location and Sleeping Arrangement						
		Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E	
<u>Place children fell asleep</u>		n=	(210)	(238)	(386)	(636)
	Own room in own bed alone		38%	63% ^B	62% ^B	78% ^{BCD}
	Own room in own bed with others		2	12 ^B	16 ^{BE}	9 ^B
	Parents' room in parents' bed		11 ^E	9 ^E	10 ^E	5
	Parents' room but not in parents' bed		18 ^{CDE}	5 ^{DE}	1	1
	Brother/Sister's room but not in their bed		-	3	3	3
	Brother/Sister's room in their bed		<1	<1	2 ^C	2
	Living room/Couch, sofa/Family room		9 ^{DE}	6 ^E	5	2
<u>Place children slept most of the night</u>		n=	(210)	(239)	(387)	(635)
	Own room in own bed alone		60%	76% ^B	74% ^B	85% ^{BCD}
	Own room in own bed with others		3	6	7 ^B	6 ^B
	Parents' room in parents' bed		12 ^E	8 ^E	11 ^E	4
	Parents' room but not in parents' bed		24 ^{CDE}	6 ^{DE}	2	1
	Brother/Sister's room but not in their bed		<1	3	4 ^B	3 ^B
	Brother/Sister's room in their bed		-	1	2	1
	Living room/Couch, sofa/Family room		-	-	1	<1
<u>Place children woke up in the morning</u>		n=	(210)	(239)	(387)	(636)
	Own room in own bed alone		59%	75% ^B	69% ^B	83% ^{BCD}
	Own room in own bed with others		2	5	6 ^B	6 ^B
	Parents' room in parents' bed		16 ^E	11 ^E	16 ^E	5
	Parents' room but not in parents' bed		22 ^{CDE}	6 ^{DE}	3	1
	Brother/Sister's room but not in their bed		<1	3	3 ^B	3 ^B
	Brother/Sister's room in their bed		-	1	2	2
	Living room/Couch, sofa/Family room		-	-	1	<1

Base = Those answering Q.24-24b

Sleep Environment (continued)

		Child's Sleep Percentile*			
		Lower 25% ^B	Middle 50% ^C	Upper 25% ^D	
<u>Place child fell asleep</u>		n=	(390)	(676)	(376)
	Own room in own bed alone		56%	69% ^B	77% ^{BC}
	Own room in own bed with others		14 ^D	11	9
	Parents' room in parents' bed		10 ^D	8 ^D	5
	Parents' room but not in parents' bed		3	3	4
	Brother/Sister's room but not in their bed		2	3 ^D	1
	Brother/Sister's room in their bed		3 ^C	1	1
	Living room/Couch, sofa/Family room		9 ^{CD}	3	2
<u>Place child slept most of the night</u>		n=	(390)	(677)	(376)
	Own room in own bed alone		73%	79% ^B	83% ^B
	Own room in own bed with others		7	7	4
	Parents' room in parents' bed		10 ^D	7	4
	Parents' room but not in parents' bed		5	4	4
	Brother/Sister's room but not in their bed		2	3	2
	Brother/Sister's room in their bed		3 ^C	<1	1
	Living room/Couch, sofa/Family room		<1	<1	-
<u>Place child woke up in the morning</u>		n=	(390)	(678)	(376)
	Own room in own bed alone		68%	77% ^B	81% ^B
	Own room in own bed with others		7	6	4
	Parents' room in parents' bed		15 ^{CD}	10 ^D	5
	Parents' room but not in parents' bed		6	4	5
	Brother/Sister's room but not in their bed		2	3	2
	Brother/Sister's room in their bed		3 ^C	<1	2
	Living room/Couch, sofa/Family room		<1	1	-

Base = Those answering

*Child's sleep percentile is based on hours slept in a 24 hour period within each age range Q.24-24b

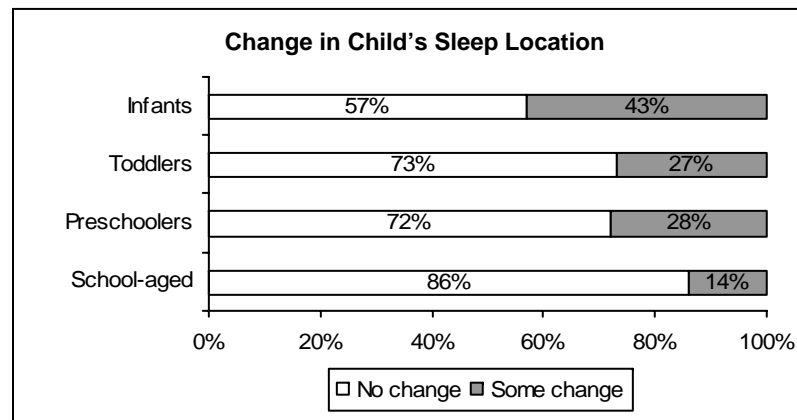
Sleep Environment (continued)

The responses to questions regarding where the child falls asleep, sleeps most of the night and wakes up in the morning were analyzed to determine whether the child's sleep location changed in a typical night.

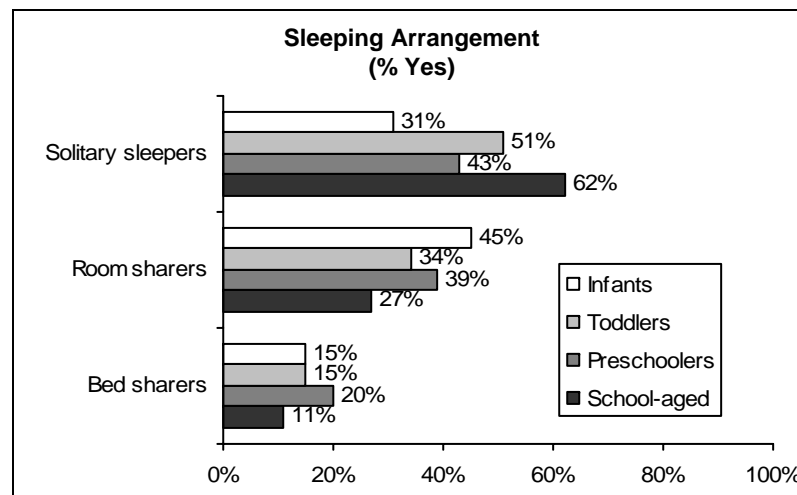
- The vast majority of school-aged children do not change their sleep location during the night (86%). However, 14% do change where they sleep.
- More than one-fourth of toddlers (27%) and preschoolers (28%) change their sleep locations.
- Infants are the most likely to experience some kind of change in where they sleep compared to their older counterparts (43% vs. 14%-28%).
- Children who get less sleep (33% of the lower 25th sleep percentile vs. 20% of the middle 50th and 16% of the upper 25th percentiles) or are either room or bed sharers (29% and 33% vs. 19%) are more likely to change their sleep location compared to their counterparts.

The same questions were analyzed to determine whether their child is a *solitary sleeper* (children who sleep by themselves in their own bedroom), *room sharer* (children who share a room with someone else or sleep most of the night somewhere other than their own room alone) and/or *bed sharer* (children who share a room with someone else and sleep most of the night in a bed with someone else).

- The largest proportion of school-aged children (62%), preschoolers (43%) and toddlers (51%) sleep by themselves in their own bedroom. They are *solitary sleepers*. Some of the children in these age groups are *room sharers* (27% of school-aged, 39% preschoolers, 34% toddlers), while others are *bed sharers* (11% school-aged, 20% preschoolers, 15% toddlers).
- Infants (45%) are most likely to be *room sharers*, with 15% *bed sharers*. Only about one-third of infants (31%) are *solitary sleepers*.



Base = Those answering (Infants n=210; Toddlers n=239; Preschoolers n=387; School-aged n=637)
 Note: This chart shows children who fell asleep, slept most of the night and woke up in the same place vs. children who did not.
 Q.24-24b



Base = Those answering (Infants n=210; Toddlers n=239; Preschoolers n=387; School-aged n=637)
 Note: Solitary sleepers are children who sleep by themselves in their own bedroom, room sharers are children who share a room with someone else or sleep most of the night somewhere other than their own room, and bed sharers are children who share a room with someone else and sleep most of the night in a bed with someone else.
 Q.13, 24a

Sleep Environment (continued)

Change in Child's Sleep Location												
	Child's Age				Child's Sleep Percentile*			Marital Status		Stress Caused on Marriage		
	<u>Infants</u> ^B	<u>Toddlers</u> ^C	<u>Preschoolers</u> ^D	<u>School-aged</u> ^E	<u>Lower 25%</u> ^F	<u>Middle 50%</u> ^G	<u>Upper 25%</u> ^H	<u>Married</u> ^I	<u>Not married</u> ^J	<u>Significant-moderate stress</u> ^K	<u>Little stress</u> ^L	<u>No stress</u> ^M
n=	(210)	(239)	(387)	(637)	(390)	(679)	(376)	(1343)	(127)	(84)	(334)	(1036)
No change	57%	73% ^B	72% ^B	86% ^{BCD}	67%	80% ^F	84% ^F	78% ^J	66%	57%	65%	83% ^{KL}
Some change	43 ^{CDE}	27 ^E	28 ^E	14	33 ^{GH}	20	16	22	34 ^I	43 ^M	35 ^M	17

	Co-Sleeping			Child Has Bedtime Routine	
	<u>Room sharers</u> ^N	<u>Bed sharers</u> ^O	<u>Solitary sleepers</u> ^P	<u>Yes</u> ^Q	<u>No</u> ^R
n=	(503)	(212)	(933)	(1384)	(89)
No change	71%	67%	81% ^{NO}	78% ^R	62%
Some change	29 ^P	33 ^P	19	22	38 ^Q

Base = Those answering

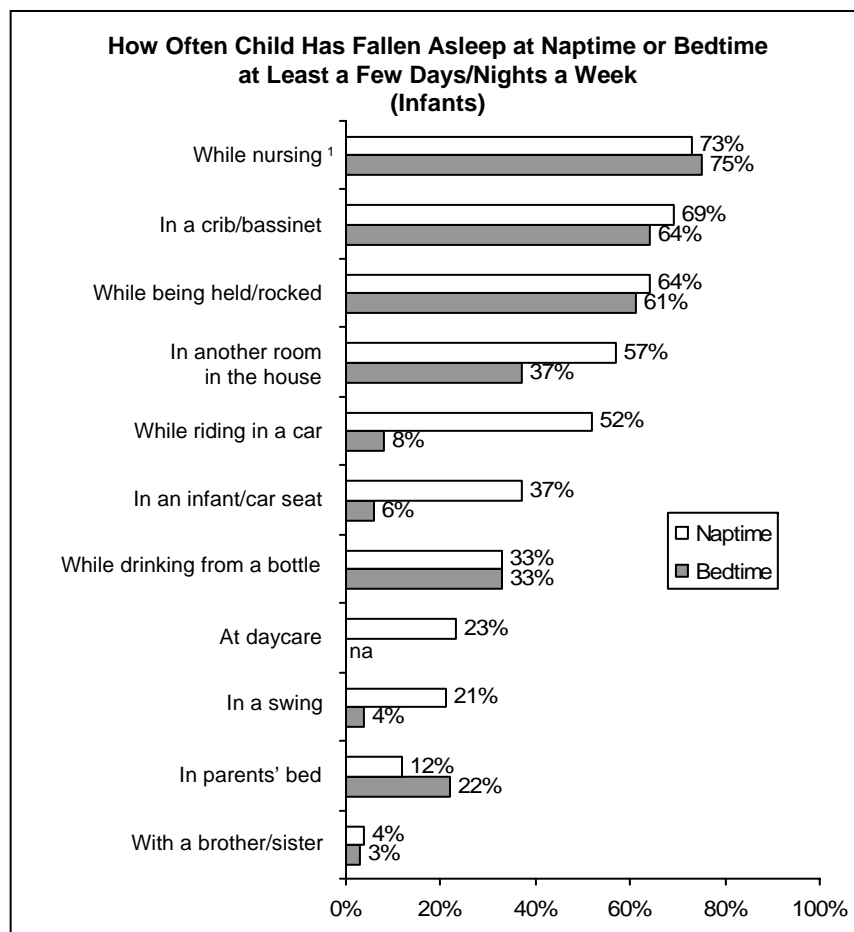
*Child's sleep percentile is based on hours slept in a 24 hour period within each age range

Q.24-24b

Sleep Environment (continued)

Parents/Caregivers of infants and toddlers were asked how often their child has fallen asleep in specific places at naptime or bedtime during the past two weeks.

- At least six in ten infants have fallen asleep at naptime or bedtime at least a few days/nights a week while nursing (73% naptime, 75% bedtime), in a crib/bassinet (69%, 64%) and/or while being held or rocked (64%, 61%).
- Infants tend to fall asleep at naptime in more active settings than they do at bedtime. More than one-half of all infants have fallen asleep at naptime at least a few days a week while in another room in the house (57%) and/or while riding in a car (52%). And, at least two in ten infants fell asleep in an infant/car seat (37%), at daycare (23%) and/or in a swing (21%).
- One-third of all infants have fallen asleep at naptime or bedtime while drinking from a bottle (33% each). And, between about one and two in ten have fallen asleep in their parents' bed (12% naptime, 22% bedtime).
- Infants were more likely to fall asleep in another room in the house (57% vs. 37%), while riding in a car (52% vs. 8%), in an infant or car seat (37% vs. 6%) or in a swing (21% vs. 4%) at naptime compared to where they fall asleep at bedtime.
- On the other hand, infants are more likely to fall asleep in their parent's bed at bedtime rather than naptime (22% vs. 12%).



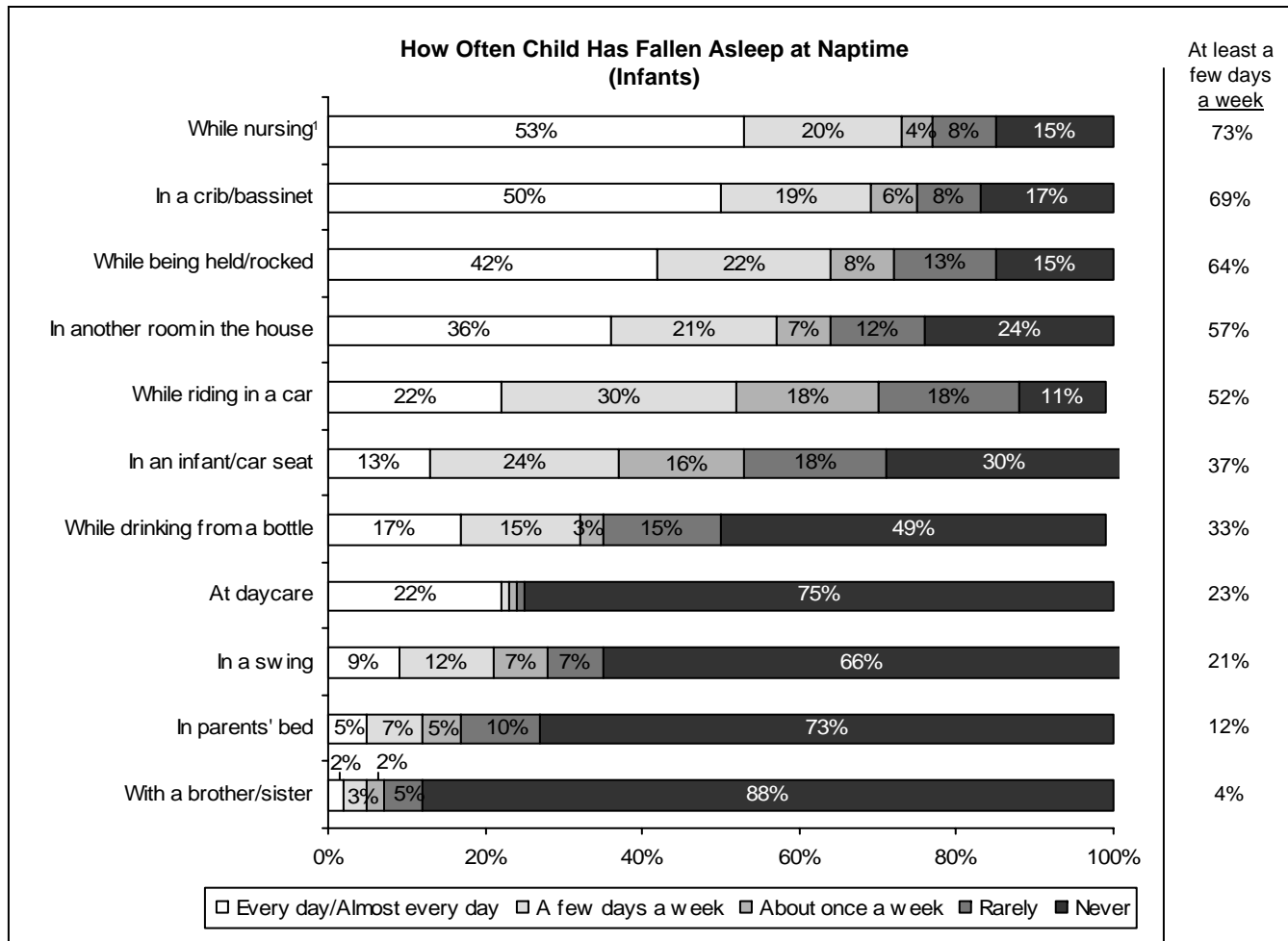
Base = Children less than 1 years old and able to rate (n=142-209)

¹Base = Children less than 1 years old, currently breastfeeding and able to rate

na = Not asked

Q.28a-k, 29a-j

Sleep Environment (continued)



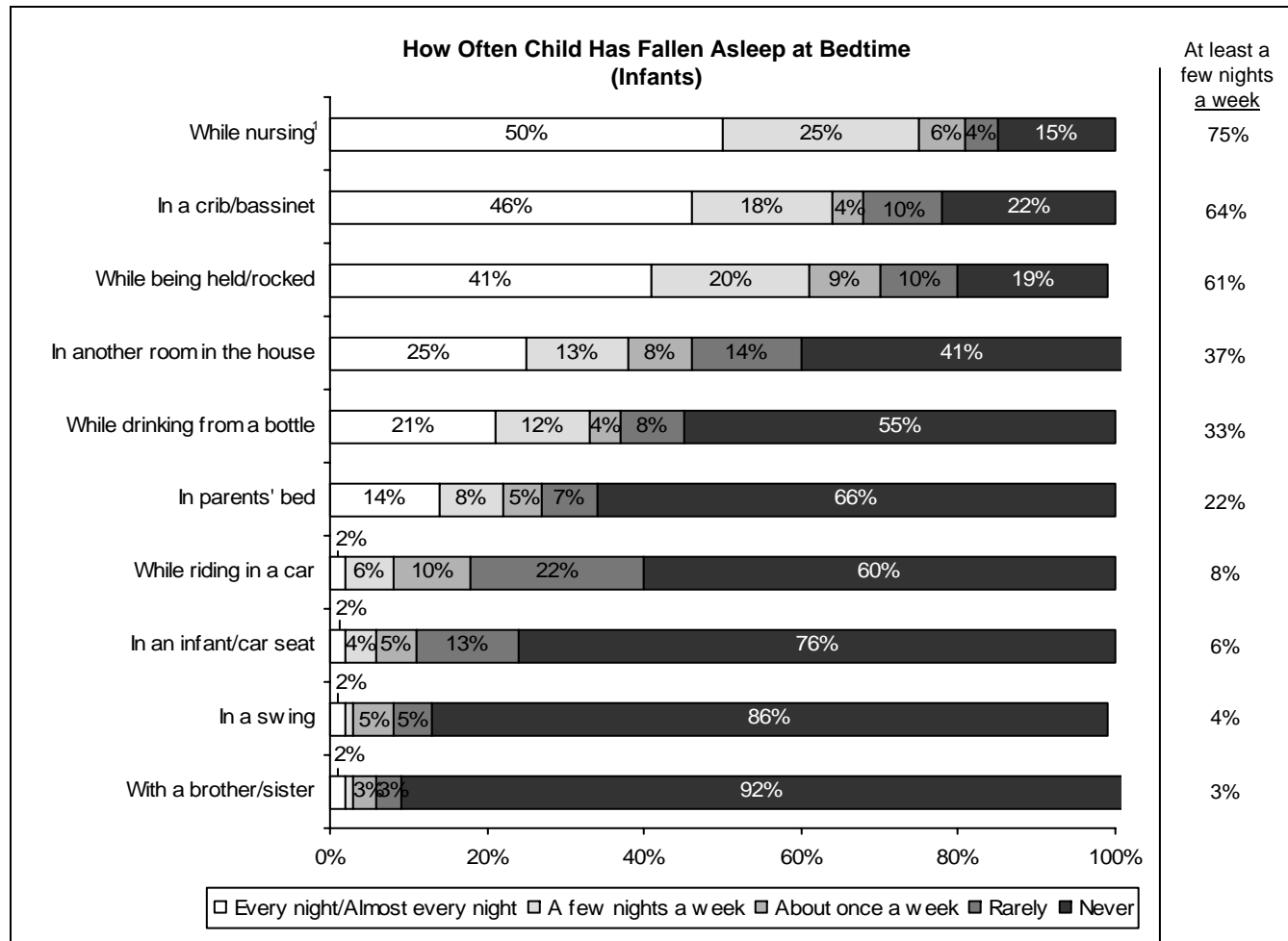
Base = Children less than 3 years old and able to rate (n=142-208)

¹Base = Children less than 3 years old, currently breastfeeding and able to rate (n=99)

Note: Sections of bars not labeled = 1% or <1%

Q.28a-k

Sleep Environment (continued)



Base = Children less than 3 years old and able to rate (n=186-209)

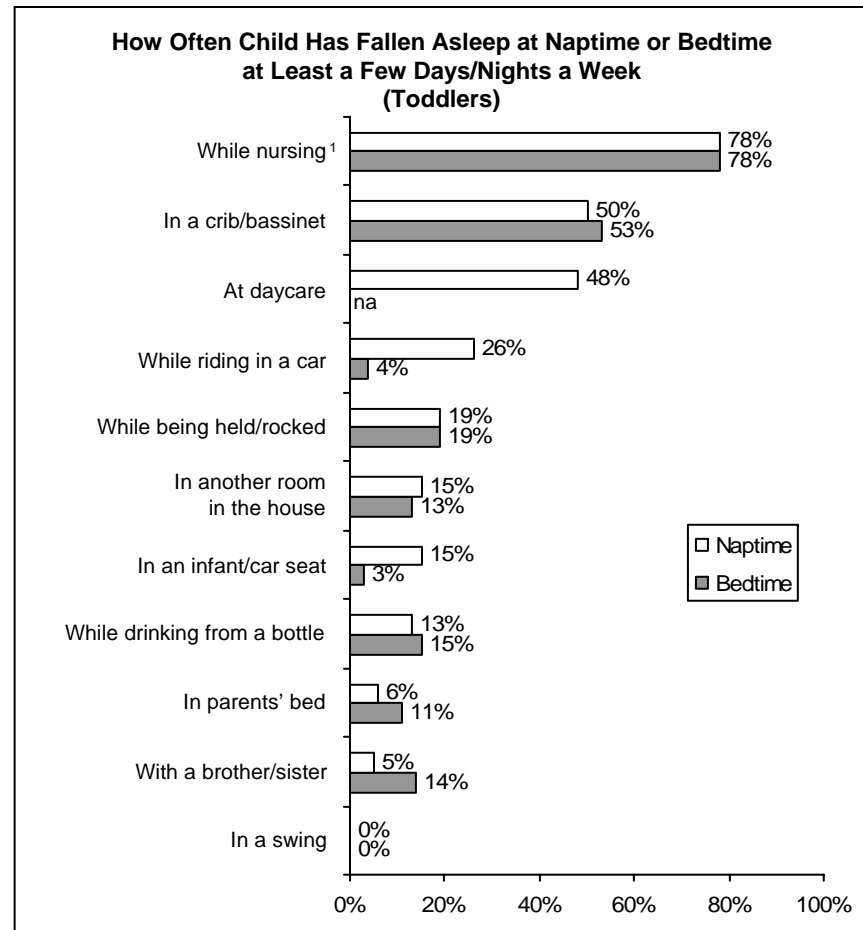
¹Base = Children less than 3 years old, currently breastfeeding and able to rate (n=99)

Note: Sections of bars not labeled = 1% or <1%

Q.29a-j

Sleep Environment (continued)

- Most often, toddlers have fallen asleep at naptime or bedtime at least a few days/nights a week while nursing (78% each) and/or in a crib or bassinet (50% naptime, 53% bedtime).
- Toddlers tend to fall asleep at naptime in more active settings than they do at bedtime. More than one in seven toddlers have fallen asleep at naptime at least a few days a week while at daycare (48%), while riding in a car (26%) and/or in an infant/car seat (15%) and/or in an infant/car seat (15%).
- More than one in ten toddlers have fallen asleep at naptime or bedtime while being held or rocked (19% each), in another room in the house (15% naptime, 13% bedtime) and/or while drinking from a bottle (13%, 15%).
- And, at least one in twenty toddlers have fallen asleep at naptime or bedtime while in their parents' bed (6%, 11%) and/or with a sibling (5%, 14%).
- Toddlers are more likely to fall asleep while riding in a car (26% vs. 4%) or in an infant or car seat (15% vs. 3%) at naptime than at bedtime.
- However, toddlers are more likely to fall asleep in their parent's bed at bedtime (11% vs. 6%) or with a brother or sister (14% vs. 5%) than at naptime.



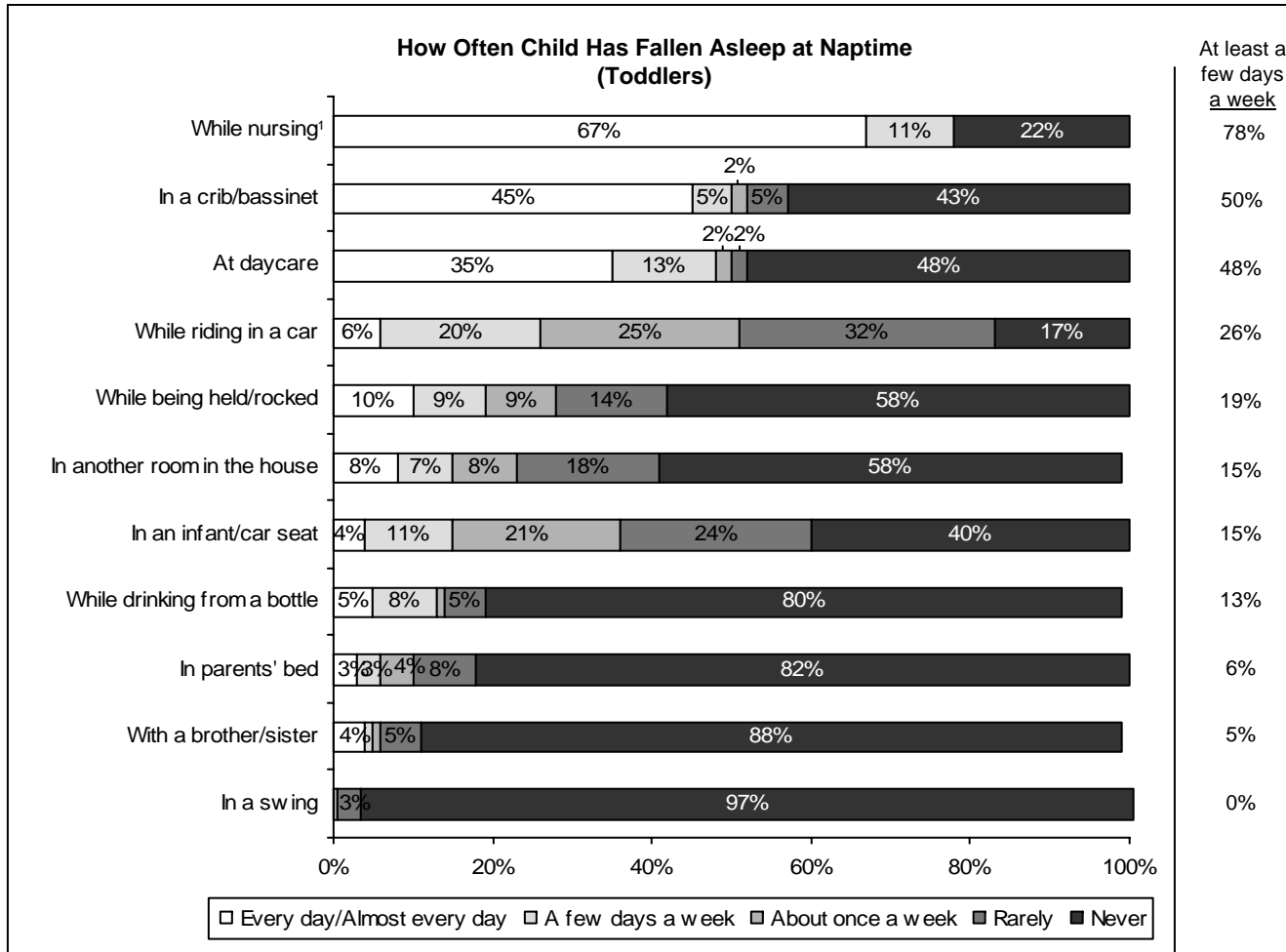
Base = Children between 1 and 2 years old and able to rate (n=179-239)

¹Base = Children between 1 and 2 years old, currently breastfeeding and able to rate

na = Not asked

Q.28a-k, 29a-j

Sleep Environment (continued)



Base = Children less than 3 years old and able to rate (n=179-238)

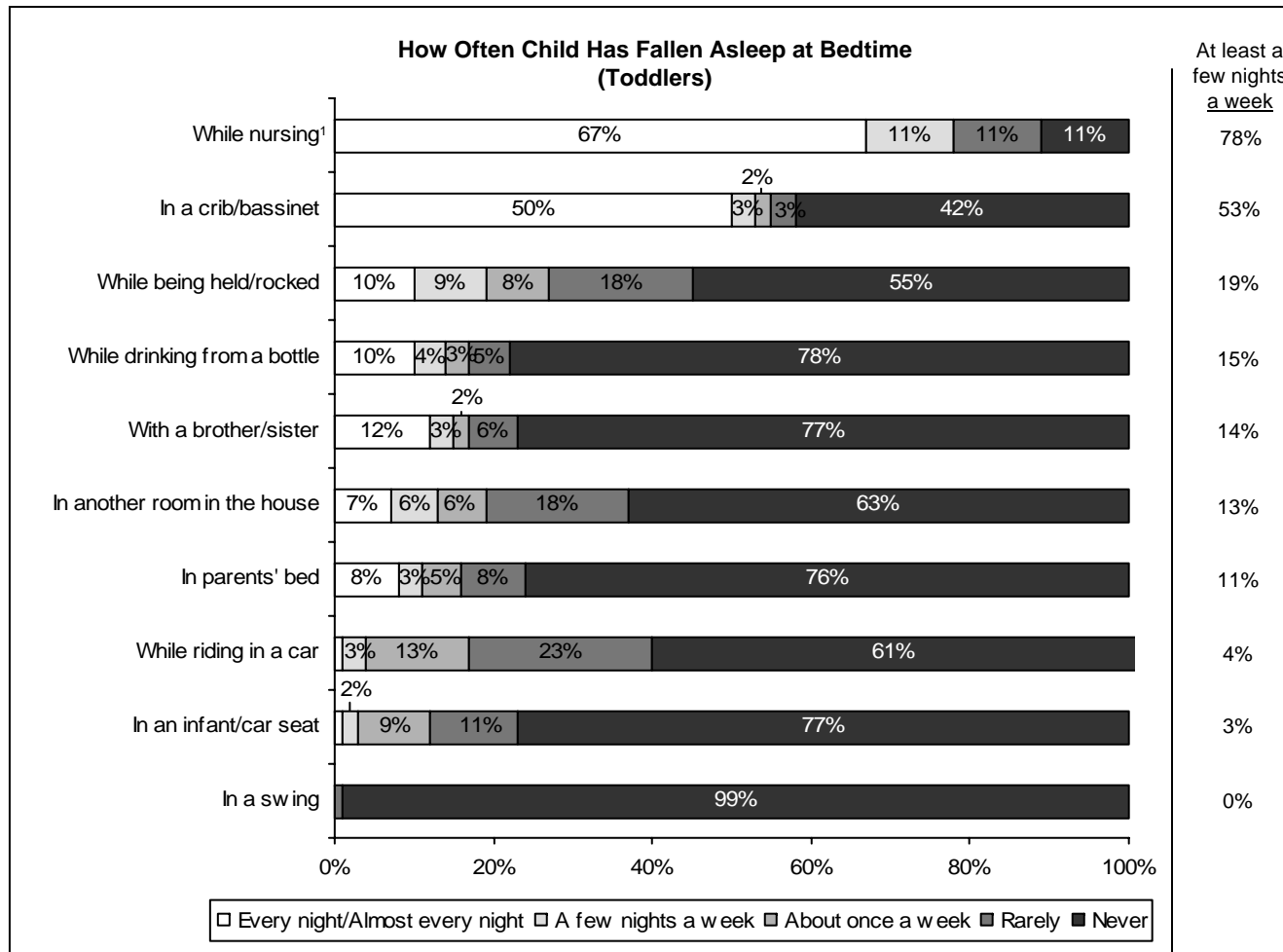
¹Base = Children less than 3 years old, currently breastfeeding and able to rate (n=9)*

Note: Sections of bars not labeled = 1% or <1%

*Caution: Small Base

Q.28a-k

Sleep Environment (continued)



Base = Children less than 3 years old and able to rate (n=209-239)

¹Base = Children less than 3 years old, currently breastfeeding and able to rate (n=9)*

Note: Sections of bars not labeled = 1% or <1%

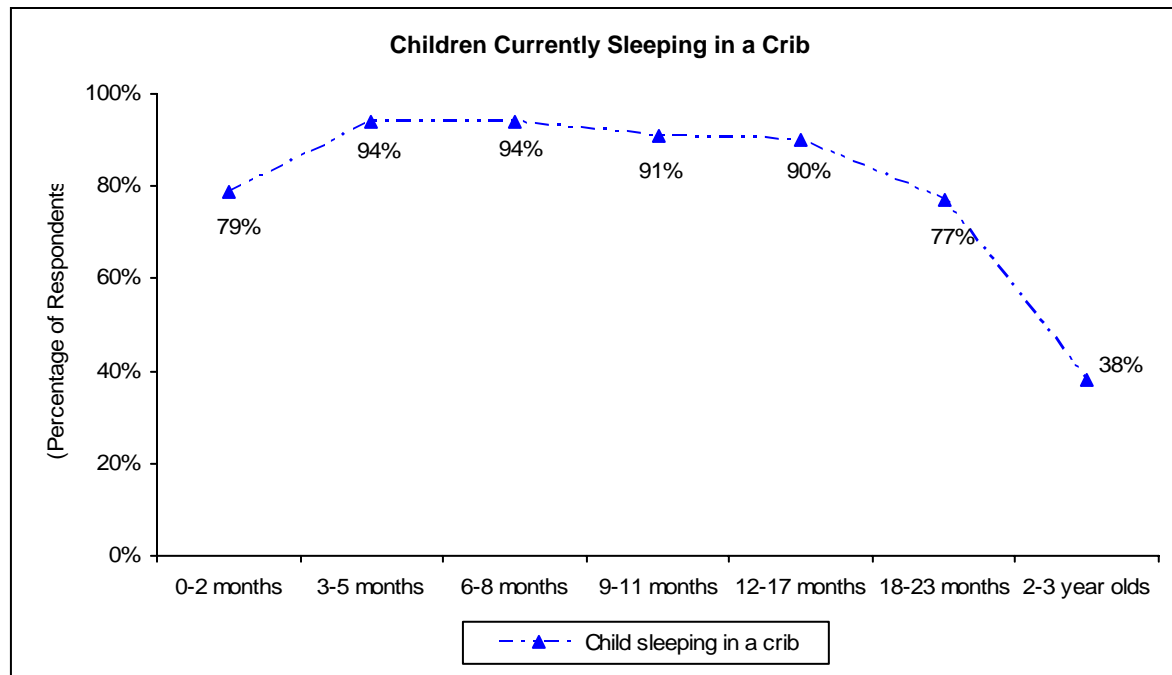
*Caution: Small Base

Q.29a-j

Sleep Environment (continued)

Parents/Caregivers of children who are younger than three years of age were asked if their child sleeps in her or her own bed or toddler bed and at what age was he or she moved from their crib to a bed.

- The majority of children between three and 17 months of age are still sleeping in a crib (90%-94%), whereas three-fourths of 18-23 month olds (77%) and just 38% of two to three year olds currently sleep in a crib.



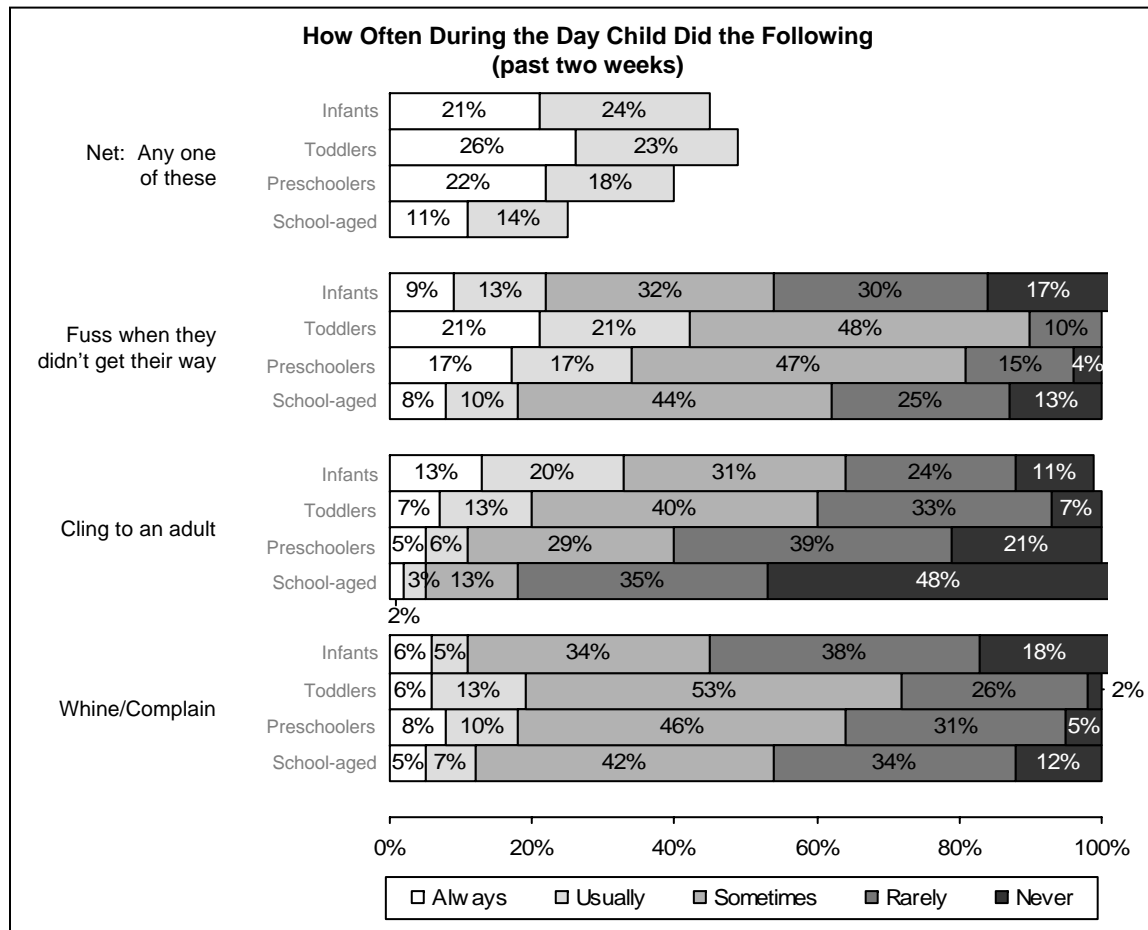
Base = Children less than 3 years old who were moved from a bed to a crib and answering (n=442)
Q.31

Daytime Behavior

Daytime Behavior

Parents/Caregivers were asked how often their child fussed when he or she did not get his or her way, clung to an adult or whined and/or complained during the past two weeks.

- At least four in ten parents/caregivers of infants (45%), toddlers (49%) or preschoolers (40%) said their child always or usually does any one of these. However, only one-fourth of school-aged children (25%) always or usually either fussed when they did not get their way, clung to an adult, whined or complained.
- Children who get less sleep are more likely to always or usually fuss when they do not get their way (34% of the lower 25th sleep percentile vs. 25% of both the middle 50th and upper 25th percentiles) or whine or complain (19% vs. 13% and 13%) compared to those children who got more sleep.



Base = Those able to rate (Infants n=203-207; Toddlers n=238; Preschoolers n=383-387; School-aged n=630-637)

Note: Sections of bars not labeled = 1% or <1%
Q.25a,b,d

Daytime Behavior (continued)

		Child's Daytime Behavior		
		Child's Sleep Percentile*		
		Lower 25% ^B	Middle 50% ^C	Upper 25% ^D
Fuss when they didn't get their way	n=	(388)	(674)	(375)
Child always/usually did		34% ^{CD}	25%	25%
Cling to an adult	n=	(384)	(673)	(373)
Child always/usually did		14%	10%	10%
Whine and/or complain	n=	(388)	(677)	(375)
Child always/usually did		19% ^{CD}	13%	13%

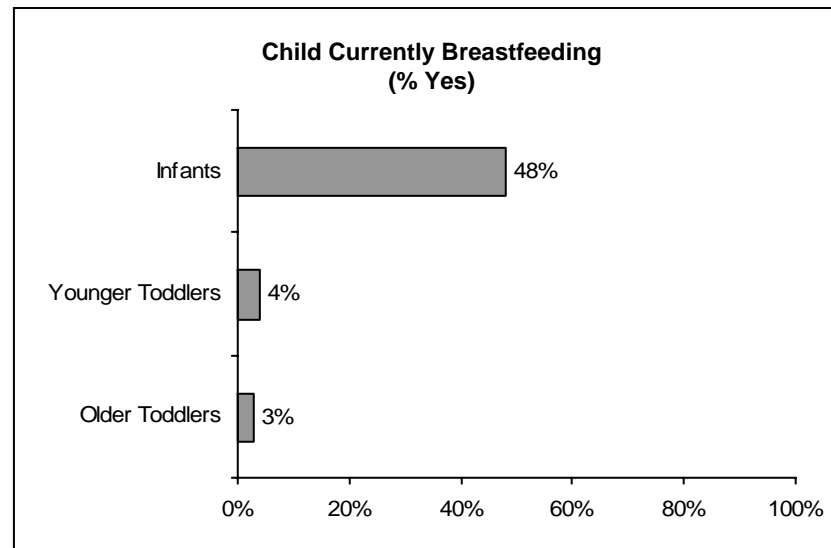
Base = Those able to rate

*Child's sleep percentile is based on hours slept in a 24 hour period within each age range
Q.25a,b,d

Daytime Behavior (continued)

When asked if their child is currently breastfeeding, infants are more likely than younger and older toddlers to currently be breastfeeding (48% vs. 4%, 3%).

- Children who are put into their crib asleep are more likely than those who are put in their crib awake to be breastfeeding (30% vs. 13%).



Base = Children less than 3 years old and answering
(Infants n=210; Younger Toddlers n=121; Older Toddlers n=118)
Q.26

		Child Currently Breastfeeding										
		Child's Sleep Percentile*			# of Times Child Awakes Per Night			Put into Crib		Co-Sleeping		
		Lower 25% ^B	Middle 50% ^C	Upper 25% ^D	Does not wake ^E	1 ^F	2+ ^G	Awake ^H	Asleep ^I	Room Sharers ^J	Bed Sharers ^K	Solitary Sleepers ^L
n=		(135)	(196)	(108)	(189)	(143)	(114)	(283)	(156)	(177)	(67)	(261)
Yes		16%	22%	15%	10%	14%	47% ^{EF}	13%	30% ^H	27% ^L	28% ^L	13%

Base = Children less than 3 years old and answering

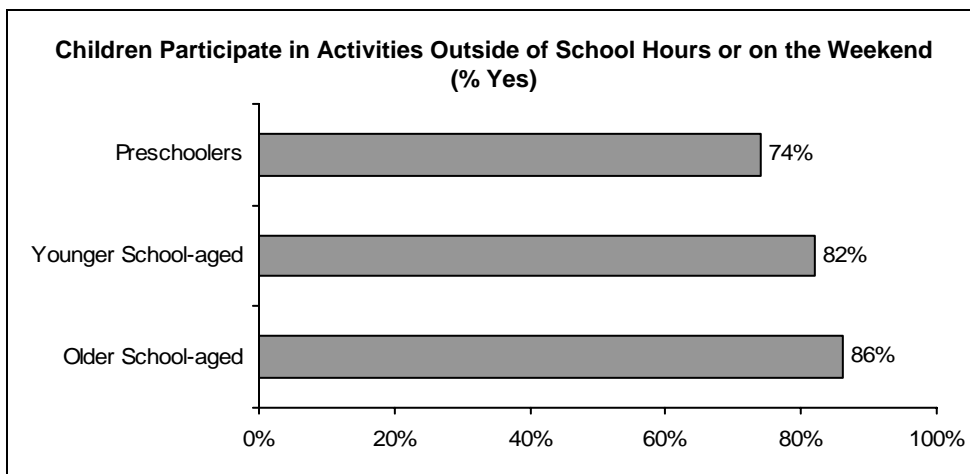
*Child's sleep percentile is based on hours slept in a 24 hour period within each age range

Q.26

Daytime Behavior (continued)

Parents/Caregivers of children five years of age or older who attend school were asked if their child participates in any activities outside of school hours or on the weekend, such as sports, boy/girl scouts, music lessons, dance lessons or other activities.

- About three-fourths of children participate in activities outside of school hours or on the weekend (74%-86%).
- Children who get more sleep are more likely than those who get less sleep to participate in an activity outside of school hours or on the weekend (86% of the middle 50th sleep percentile and 85% of the upper 25th percentile vs. 75% of the lower 25th percentiles).



Base = Children 5 years of age or older who attend school and answering
 (Preschoolers n=111; Younger School-aged n=384; Older School-aged n=253)
 Q.38

	Child's Sleep Percentile ¹			Child's Academic Performance		
	Lower 25% ^B	Middle 50% ^C	Upper 25% ^D	Exc/Above Average ^E	Average ^F	Below/ Failing ^G
n=	(202)	(354)	(182)	(547)	(147)	(19)*
Yes	75%	86% ^B	85% ^B	86% ^F	72%	69%

Base = Children 5 years of age or older who attend school and answering

¹Child's sleep percentile is based on hours slept in a 24 hour period within each age range

*Caution: Small Base

Q.38

Daytime Behavior (continued)

Parents/Caregivers of children five years of age or older who attend school were then asked the number of activities their child participates in outside of school hours or on the weekend and the number of hours spent per week on these activities.

- As children get older, they tend to participate in more activities outside of school hours or on the weekend. In fact, children participate in an average of one to two activities outside of school hours or on the weekend (1.2 preschoolers, 1.7 younger school-aged, 2.0 older school-aged).
- Older school-aged children are more likely to spend more time participating in these activities, with an average of 4.5 hours per week compared to 2.1 hours for preschoolers and 3.2 hours for younger school-aged children. Moreover, older school-aged children are three times as likely to spend eight hours per week or more in activities outside of school hours or on the weekends (18% vs. 4% and 5%).

Number of Activities Children Participate in Outside of School Hours or on the Weekend (per week)

	Preschoolers ^B	Younger School-aged ^C	Older School-aged ^D
n=	(111)	(384)	(253)
None	26% ^D	18%	14%
1	38 ^{CD}	26	20
2	32	33	36
3 to 4	4	20 ^B	24 ^B
5 to 7	-	3	4
Mean (# of activities)	1.2	1.7 ^B	2.0 ^{BC}
Median (# of activities)	1.0	2.0	2.0

Base = Children 5 years of age or older who attend school and answering Q.38a

Hours Children Spend Participating in Activities Outside of School Hours or on the Weekend (per week)

	Preschoolers ^B	Younger School-aged ^C	Older School-aged ^D
n=	(111)	(384)	(253)
None	26% ^D	18%	14%
1 to 2 hours	41 ^{CD}	25 ^D	17
3 to 4 hours	23	32	26
5 to 7 hours	5	19 ^B	23 ^B
8 hours or more	4	5	18 ^{BC}
Mean (# of hours)	2.1	3.2 ^B	4.5 ^{BC}
Median (# of hours)	2.0	3.0	4.0

Base = Children 5 years of age or older who attend school and answering Q.38b

Daytime Behavior (continued)

Parents/Caregivers of children five years of age or older who attend school were also asked the number of days per week their child participates in activities that start or end after 6:00 p.m.

- Parents/Caregivers reported that their children participate in activities that start or end after 6:00 p.m. about one day or less per week, on average (0.4-1.2 days), however, older school-aged children are more likely to participate in three or more activities that start or end after 6:00 p.m. per week (17% vs. 4% and 7%).

Number of Days Children Participate in Activities that Start or End after 6:00 p.m. (per week)						
	Child's Age			Child's Sleep Percentile*		
	Preschoolers ^B	Younger School-aged ^C	Older School-aged ^D	Lower 25% ^E	Middle 50% ^F	Upper 25% ^G
n=	(139)	(384)	(253)	(207)	(372)	(186)
None	69% ^{CD}	42% ^D	34%	45%	45%	42%
1	21	31 ^B	30 ^B	27	29	33
2	6	19 ^B	18 ^B	15	17	16
3 or more	4	7	17 ^{BC}	13	9	9
Mean (# of days)	0.4	0.9 ^B	1.2 ^{BC}	1.0	0.9	0.9
Median (# of days)	0.0	1.0	1.0	1.0	1.0	1.0

Base = Children 5 years of age or older

*Child's sleep percentile is based on hours slept in a 24 hour period within each age range
Q.38c

Daytime Behavior (continued)

Parents/Caregivers of children five years of age or older who attend school were asked the approximate time their child spends on homework, the Internet, playing computer games or watching television while at home per day.

- Preschoolers spend less than one hour per day, on average, on homework (0.4 hours), the Internet (0.1) or playing computer or video games (0.4), however, they spend about one and a half hours watching television (1.6 hours) while at home.
- Younger school-aged children are similar to preschoolers in that they spend less than one hour per day, on average, on homework (0.8 hours), the Internet (0.1) or playing computer or video games (0.5) and they spend one and a half hours watching television (1.5 hours).
- Older school-aged children spend a little over one hour, on average, on homework (1.2 hours) and watching television (1.6) per day. And, they spend one-half hour or less on the Internet (0.2 hours) or playing computer or video games (0.5).
- Children who get less sleep are more likely to spend two or more hours watching TV at home compared to those who get more sleep (46% of the lower 25th sleep percentile vs. 37% of both the middle 50th and upper 25th percentiles).

Daytime Behavior (continued)

Time Spent on Homework at Home (per day)

	Preschoolers ^B	Younger School-aged ^C	Older School-aged ^D
n=	(110)	(382)	(252)
None	29% ^{CD}	4%	3%
Less than 1 hour*	56 ^D	59 ^D	28
1 to 1.9 hours	15	32 ^B	48 ^{BC}
2 hours or more	-	5	21 ^C
Mean (# of hours)	0.4	0.8 ^B	1.2 ^{BC}
Median (# of hours)	0.3	0.5	1.0

Base = Children 5 years of age or older who attend school and answering
*Excludes None
Q.39a

Time Spent on the Internet at Home (per day)

	Preschoolers ^B	Younger School-aged ^C	Older School-aged ^D
n=	(111)	(381)	(250)
None	88% ^D	82% ^D	71%
Less than 1 hour*	9	13	21 ^{BC}
1 to 1.9 hours	3	4	7
2 hours or more	-	1	1
Mean (# of hours)	0.1	0.1	0.2 ^B
Median (# of hours)	0.0	0.0	0.0

Base = Children 5 years of age or older who attend school and answering
*Excludes None
Q.39b

Time Spent Playing Computer/Video Games at Home (per day)

	Preschoolers ^B	Younger School-aged ^C	Older School-aged ^D
n=	(110)	(382)	(252)
None	57% ^{CD}	40%	38%
Less than 1 hour*	21	31 ^B	32 ^B
1 to 1.9 hours	16	24	26 ^B
2 hours or more	5	5	4
Mean (# of hours)	0.4	0.5 ^B	0.5 ^B
Median (# of hours)	0.0	0.3	0.5

Base = Children 5 years of age or older who attend school and answering
*Excludes None
Q.39c

Time Spent Watching Television at Home (per day)

	Preschoolers ^B	Younger School-aged ^C	Older School-aged ^D
n=	(111)	(383)	(251)
None	3%	8% ^B	7%
Less than 1 hour*	12	13	13
1 to 1.9 hours	40	42	37
2 hours or more	45	37	43
Mean (# of hours)	1.6	1.5	1.6
Median (# of hours)	1.0	1.0	1.0

Base = Children 5 years of age or older who attend school and answering
*Excludes None
Q.39d

Daytime Behavior (continued)

	Child's Sleep Percentile ¹		
	Lower <u>25%</u> ^B	Middle <u>50%</u> ^C	Upper <u>25%</u> ^D
	n=	(201)	(354)
None	3%	8% ^B	7%
Less than 1 hour*	11	12	17
1 to 1.9 hours	40	42	39
2 hours or more	46 ^C	37	37
Mean (# of hours)	1.7 ^{CD}	1.4	1.4
Median (# of hours)	1.5	1.0	1.0

Base = Children 5 years of age or older who attend school and answering

¹Child's sleep percentile is based on hours slept in a 24 hour period within each age range

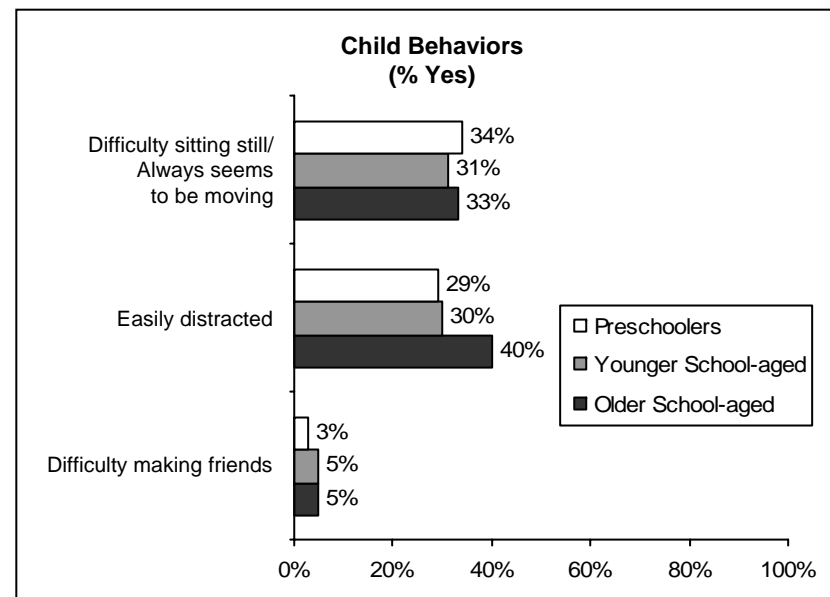
*Excludes None

Q.39d

Daytime Behavior (continued)

Parents/Caregivers were asked if their child has difficulty making friends, is easily distracted or has difficulty sitting still or always seems to be moving.

- Between three and four in ten parents/caregivers of school-aged children said their child is easily distracted (40% older school-aged, 30% younger school-aged) or has difficulty sitting still (33% and 31%), while 29% of preschoolers are easily distracted and 34% have difficulty sitting still or always seem to be moving.
- Very few parents/caregivers (3% preschoolers, 5% younger and older school-aged) indicated that their child has difficulty making friends.
- Children who have difficulty falling asleep at night (46% vs. 29%) or seem sleepy or overtired during the day (48% vs. 31%) a few days/nights a week or more are more likely to have difficulty sitting still or they always seem to be moving compared to their counterparts.
- And, children who have difficulty falling asleep (47% vs. 29%) or seem sleepy or overtired during the day (46% vs. 31%) a few days/nights a week or more are more likely to be easily distracted.



Base = Children 5 years of age who attend school and answering (Preschoolers n=110-111; Younger School-aged n=382-383; Older School-aged n=251-253) Q.42-44

	Child Behaviors							
	Child's Sleep Percentile*			Child Had Difficulty Falling Asleep		Child Seems Sleepy/ Overtired During the Day		
	Lower 25% ^B	Middle 50% ^C	Upper 25% ^D	Few nights a week+ ^E	Rarely/ Never ^F	Few days a week+ ^G	Rarely/ Never ^H	
	n=	(201)	(351)	(181)	(95)	(545)	(105)	(499)
Difficulty sitting still/ Always seems to be moving		37%	29%	34%	46% ^F	29%	48% ^H	31%
	n=	(202)	(350)	(182)	(96)	(545)	(106)	(499)
Easily distracted		35%	30%	37%	47% ^F	29%	46% ^H	31%
	n=	(201)	(354)	(182)	(96)	(549)	(106)	(502)
Difficulty making friends		5%	3%	5%	9%	4%	7%	5%

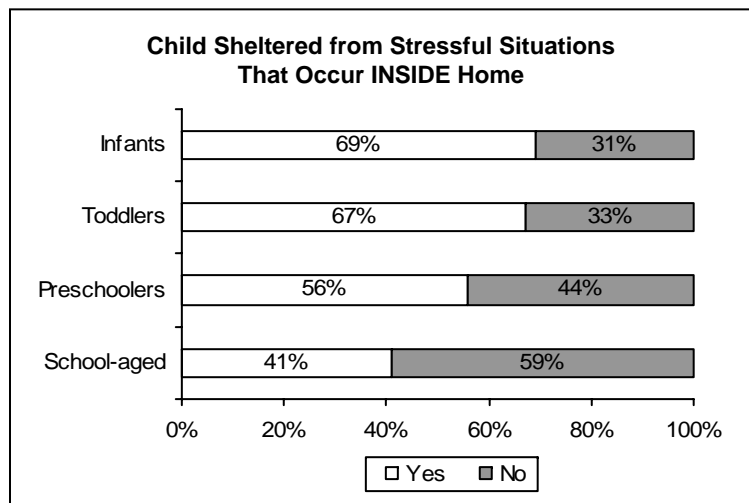
Base = Children 5 years of age who attend school and answering

*Child's sleep percentile is based on hours slept in a 24 hour period within each age range Q.42-44

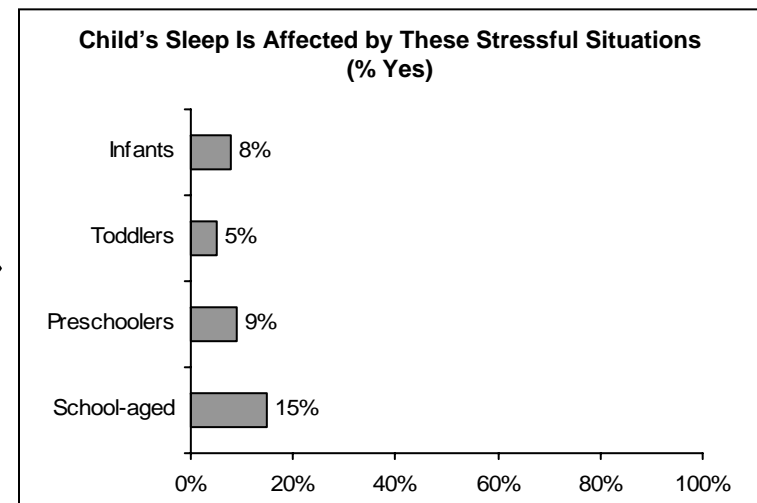
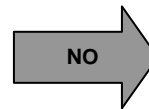
Daytime Behavior (continued)

Parents/Caregivers were asked if they shelter their child from stressful situations that may occur in their home, such as witnessing an argument between household members, death in the family, etc. and if their child's sleep is affected by these stressful situations.

- As children get older, parents/caregivers are more likely to not shelter their children from stressful situations. About one-third of infants (31%) and toddlers (33%) are not sheltered from stressful situations that occur inside the home, while 44% of preschoolers and 59% of school-aged children are not sheltered from these situations.
- Among children who are not sheltered from these stressful situations, very few parents/caregivers say their child's sleep is affected (5%-15%).



Base = Those answering
(Infants n=199; Toddlers n=236; Preschoolers n=374; School-aged n=625)
Q.47

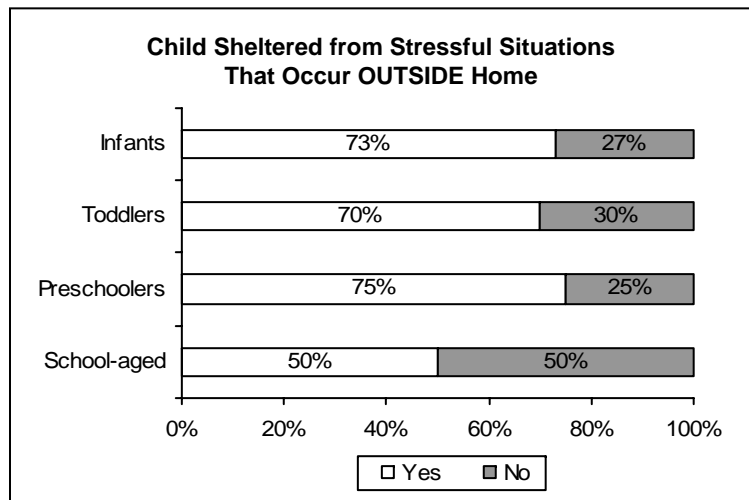


Base = Children who are not sheltered from stressful situations occurring in their homes and answering
(Infants n=61; Toddlers n=77; Preschoolers n=163; School-aged n=366)
Q.47a

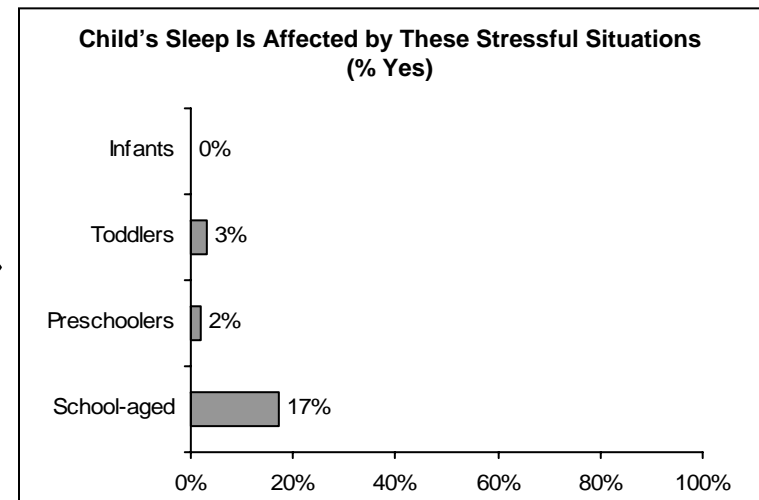
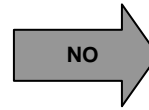
Daytime Behavior (continued)

Parents/Caregivers were then asked if they shelter their child from stressful situations that may occur outside their home, either in their community or events that occur elsewhere but are covered in the news, such as a school shooting, warnings about terrorist attacks or similar events and if their child's sleep is affected by these stressful situations.

- Three in ten or fewer parents/caregivers of infants (27%), toddlers (30%) or preschoolers (25%) say they do not shelter their child from stressful situations that occur outside their home, whereas one-half of school-aged children (50%) are not sheltered from these situations.
- Very few parents/caregivers say their child's sleep is affected by these situations that may occur outside their home (0%-17%).



Base = Those answering
(Infants n=201; Toddlers n=230; Preschoolers n=383; School-aged n=628)
Q.48

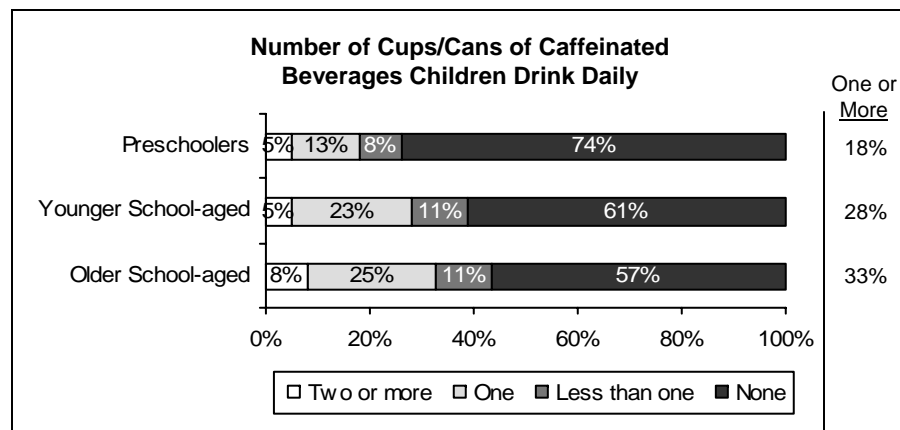


Base = Children who are not sheltered from stressful situations occurring outside their homes and answering
(Infants n=52; Toddlers n=70; Preschoolers n=96; School-aged n=309)
Q.48a

Daytime Behavior (continued)

Parents/Caregivers were asked how many cups or cans of caffeinated beverages their child typically drinks per day. As children get older, they are more likely to drink one or more servings of caffeinated beverages each day. About one-fourth of parents/caregivers (26%) said their child drinks one or more caffeinated beverages daily.

- One-third of all older school aged children (33%) drink one or more caffeinated beverages daily, with 8% drinking two or more per day.
- Twenty-eight percent (28%) of younger school-aged children and 18% of preschoolers typically drink one or more caffeinated beverages per day.
- Children in the lower 25th sleep percentile (35% vs. 22% of the middle 50th percentile and 19% of the upper 25th percentile), who get less than eight hours of sleep (41% vs. 12%-30% who get nine hours or more) and who go to bed after 10:00 p.m. (40% vs. 12%-29%) are the most likely to drink one or more cups or cans of caffeinated beverages per day.



Base = Children 3 years of age or older and answering
(Preschoolers n=383; Younger School-aged n=383; Older School-aged n=252)
Q.59

	Child's Sleep Percentile ¹			Time Child Goes to Bed				# of Hours Child Sleeps per Night				
	Lower 25% ^B	Middle 50% ^C	Upper 25% ^D	7:00- 7:59pm ^E	8:00- 8:59pm ^F	9:00- 9:59pm ^G	10:00pm to Midnight ^H	<8 ^I	8-<9 ^J	9-<10 ^K	10-<11 ^L	11+ ^M
n=	(253)	(482)	(267)	(27)*	(378)	(483)	(121)	(43)	(133)	(328)	(395)	(111)
None	55%	67% ^B	71% ^B	89% ^{FGH}	74% ^{GH}	60% ^H	49%	44%	55%	58%	72% ^{LJK}	82% ^{LJKL}
<1	10	10	10	-	9	11	10	14	8	12 ^M	9	6
1	27 ^{CD}	18	13	8	13	22 ^{EF}	31 ^{EFG}	25 ^M	28 ^{LM}	25 ^{LM}	14 ^M	8
2 or more	8 ^C	4	6	4	4	7	9	16 ^{KLM}	10 ^{LM}	5	4	4
Mean	0.5 ^{CD}	0.3	0.3	0.2	0.3	0.5 ^F	0.6 ^{EF}	0.7 ^{KLM}	0.6 ^{KLM}	0.4 ^{LM}	0.3	0.2

Base = Children 3 years of age or older and answering

¹Child's sleep percentile is based on hours slept in a 24 hour period within each age range

*Caution: Small Base

Q.59

Child Care

Child Care

Parents/Caregivers were asked the approximate number of hours per week their child is cared for by someone other than a parent or caregiver, which includes attending a preschool program.

- Parents/Caregivers of infants are less likely than toddlers or preschoolers to say their child is cared for by someone other than a parent/caregiver, with an average of only nine hours per week (9.3 hours vs. 15.1 toddlers and 17.2 preschoolers). In fact, more than four in ten parents/caregivers of infants (42%) report that their child is not cared for by someone other than a parent/caregiver.

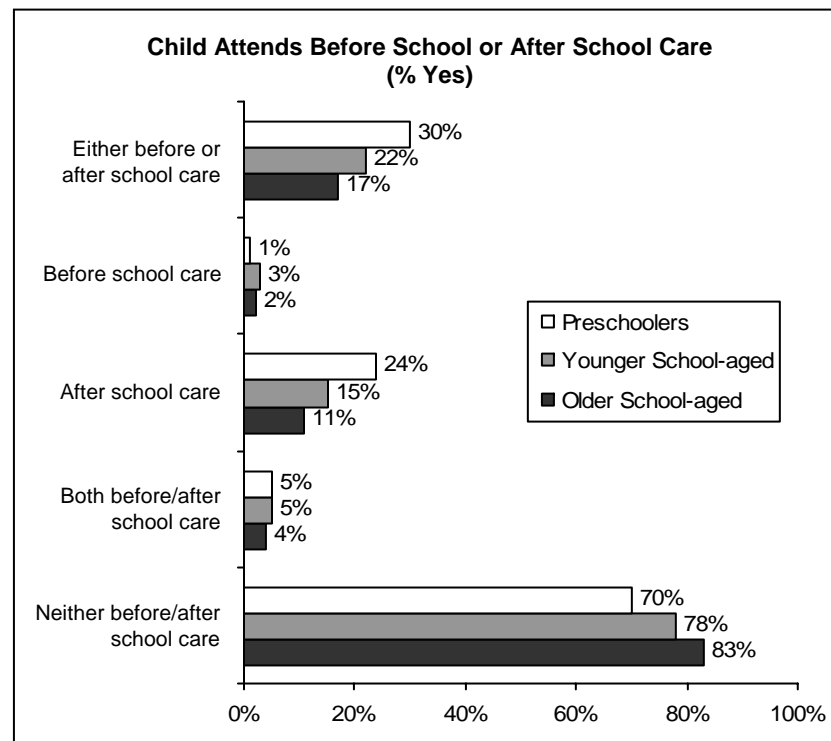
Number of Hours Children Are Cared for by Someone Other Than Parent/Caregiver (per week)			
	Infants ^B	Toddlers ^C	Preschoolers ^D
n=	(209)	(236)	(270)
None	42% ^{CD}	28% ^D	18%
Less than 10 hours*	30	22	25
10 to 19 hours	6	15 ^B	18 ^B
20 to 29 hours	7	7	13 ^{BC}
30 to 39 hours	8	9	9
40 hours or more	8	18 ^B	17 ^B
Mean (# of hours)	9.3	15.1 ^B	17.2 ^B
Median (# of hours)	2.0	9.0	10.0

Base = Children 4 years old or younger and 5 year old preschoolers and answering
 *Excludes None
 Q.32

Child Care (continued)

Parents/Caregivers of children five years of age or older who attend school were asked if their child attends before school care, after school care or both.

- Seven in ten or more parents/caregivers said their child does not attend either before or after school care (70%-83%). On the other hand, about one in twenty attend both before and after school care (4%-5%).



Base = Children 5 years of age or older who attend school and answering
(Preschoolers n=111; Younger School-aged n=384; Older School-aged n=253)
Q.35

Child Care (continued)

When asked the number of days their children attend before school care, parents/caregivers said their child attends before school care an average of four days per week (4.1-4.4 days).

- More than one-half of parents/caregivers said their child attends before school care five or more days per week (57% preschoolers, 72% younger school-aged, 61% older school-aged).
- Children start arriving at before school care around 7:00 a.m., on average (7:01 a.m.-7:18 a.m.). Less than one-fourth of the children attending before school care arrive before 7:00 a.m. (14%-24%).

	Preschoolers ^B	Younger School-aged ^C	Older School-aged ^D
n=	(7)*	(29)*	(13)*
1 to 2	-%	10%	8%
3 to 4	43	17	31
5 or more	57	72	61
Mean (# of days)	4.1	4.4	4.3
Median (# of days)	5.0	5.0	5.0

Base = Children 5 years of age or older who attend before school care and answering
 *Caution: Small Base
 Q.35a

	Preschoolers ^B	Younger School-aged ^C	Older School-aged ^D
n=	(7)*	(29)*	(14)*
Before 7:00 a.m.	14%	24%	21%
7:00-7:29 a.m.	29	34	50
7:30-7:59 a.m.	29	34	14
8:00 a.m. or later	29	7	15
Mean	7:18 a.m.	7:01 a.m.	7:07 a.m.
Median	7:18 a.m.	7:06 a.m.	7:09 a.m.

Base = Children 5 years of age or older who attend before school care and answering
 *Caution: Small Base
 Q.35b

Child Care (continued)

Among those who attend after school care, parents/caregivers said their child attends after school care an average of four days per week (3.9-4.2 days).

- More than one-half of parents/caregivers said their child attends after school care five or more days per week (56% preschoolers, 66% younger school-aged, 57% older school-aged).
- Parents/Caregivers say their child leaves after school care around 5:00 p.m., on average (4:40 p.m.-4:51 p.m.). About one in six or fewer reported picking their child up from after school care later than 5:30 p.m. (6%-16%).

	Preschoolers ^B	Younger School-aged ^C	Older School-aged ^D
n=	(32)*	(74)	(37)
1 to 2	25%	12%	16%
3 to 4	19	22	27
5 or more	56	66	57
Mean (# of days)	3.9	4.2	4.1
Median (# of days)	5.0	5.0	5.0

Base = Children 5 years of age or older who attend after school care and answering
 *Caution: Small Base
 Q.35c

	Preschoolers ^B	Younger School-aged ^C	Older School-aged ^D
n=	(32)*	(74)	(36)
4:30 p.m. or earlier	41%	37%	36%
4:31-5:00 p.m.	25	30	31
5:01-5:30 p.m.	19	20	28
Later than 5:30 p.m.	16	13	6
Mean	4:40 p.m.	4:51 p.m.	4:47 p.m.
Median	5:00 p.m.	5:00 p.m.	5:00 p.m.

Base = Children 5 years of age or older who attend after school care and answering
 *Caution: Small Base
 Q.35d

School

School

Parents/Caregivers were asked what time their child's school starts. As children get older, school start times seem to get earlier, with an average start time of 8:00 a.m. (8:35 a.m. preschoolers, 8:16 a.m. younger school-aged, 8:11 a.m. older school-aged).

- Children who live in the south are more likely to start school earlier in the morning, on average, than children who live in other regions throughout the country (8:06 a.m. vs. 8:23 a.m.-8:27 a.m.).

	Time School Starts						
	Child's Age			Region			
	Preschoolers ^B	Younger School-aged ^C	Older School-aged ^D	Northeast ^E	Midwest ^F	South ^G	West ^H
n=	(108)	(381)	(251)	(131)	(155)	(288)	(166)
Before 8:00 a.m.	12%	11%	16%	7%	8%	22% ^{EFH}	6%
8:00-8:29 a.m.	46	42	44	27	41 ^E	48 ^E	49 ^E
8:30-8:59 a.m.	19	28 ^B	26	37 ^{GH}	30 ^G	21	25
9:00 a.m. or later	22	19	14	29 ^G	21 ^G	9	20 ^G
Mean	8:35 a.m. ^{CD}	8:16 a.m. ^D	8:11 a.m.	8:27 a.m. ^G	8:23 a.m. ^G	8:06 a.m.	8:25 a.m. ^G
Median	8:09 a.m.	8:12 a.m.	8:09 a.m.	8:21 a.m.	8:18 a.m.	8:00 a.m.	8:12 a.m.

Base = Children 5 years of age or older who attend school and answering Q.33

Parents/Caregivers were then asked what time their child's school ends. Preschoolers tend to end school earlier in the day than their counterparts (1:59 p.m. vs. 2:52 p.m. younger school-aged and 2:49 p.m. older school-aged).

- Children who live in the west are more likely to have their school end earlier in the day, on average, than those living in the midwest and south (2:32 p.m. vs. 2:49 p.m. and 2:46 p.m.).

	Time School Ends						
	Child's Age			Region			
	Preschoolers ^B	Younger School-aged ^C	Older School-aged ^D	Northeast ^E	Midwest ^F	South ^G	West ^H
n=	(108)	(381)	(252)	(132)	(155)	(288)	(166)
Before 2:30 p.m.	34% ^{CD}	10%	13%	14%	11%	13%	21% ^{FG}
2:30-2:59 p.m.	25	22	27	19	19	28 ^{EF}	25
3:00-3:29 p.m.	27	47 ^B	41 ^B	45	42	43	38
3:30 p.m. or later	14	21	19	22	27 ^{GH}	16	16
Mean	1:59 p.m.	2:52 p.m. ^B	2:49 p.m. ^B	2:43 p.m.	2:49 p.m. ^H	2:46 p.m. ^H	2:32 p.m.
Median	2:27 p.m.	3:00 p.m.	3:00 p.m.	3:00 p.m.	3:06 p.m.	3:00 p.m.	3:00 p.m.

Base = Children 5 years of age or older who attend school and answering Q.34

School (continued)

Parents/Caregivers were asked what time their child leaves the house for school or before school care.

- Children tend to leave for school or before school care between 7:30 a.m. and 8:00 a.m., on average (7:36 a.m.-8:05 a.m.). About one in seven preschoolers leave for school before 7:30 a.m., while about two in ten younger school-aged children (21%) and older school-aged children (23%) report doing the same.

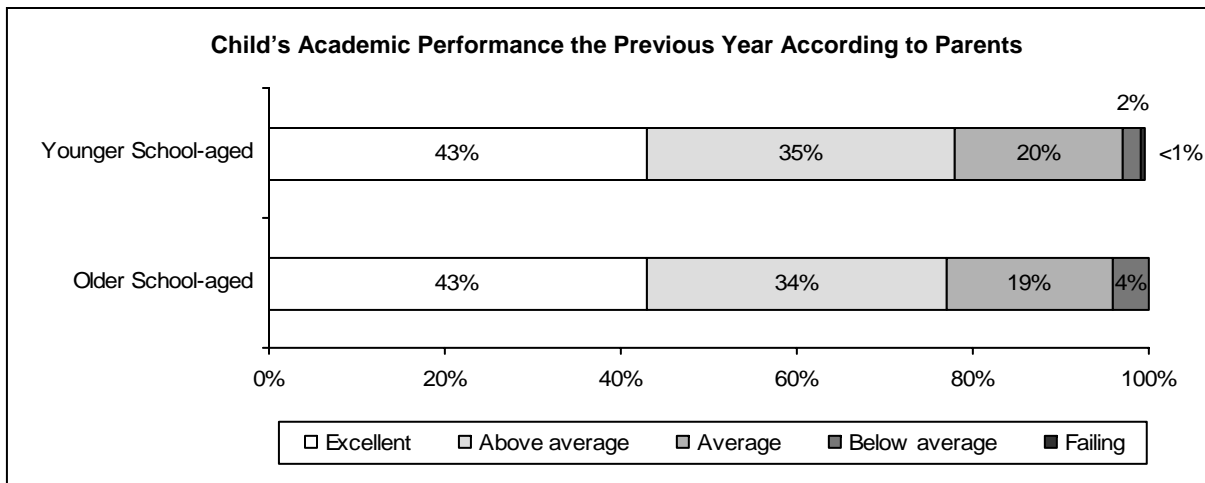
	<u>Preschoolers^B</u>	<u>Younger School-aged^C</u>	<u>Older School-aged^D</u>
n=	(108)	(365)	(234)
Before 7:30 a.m.	15%	21%	23%
7:30-7:59 a.m.	36	35	41
8:00-8:29 a.m.	32	29	26
8:30 a.m. or later	18 ^D	14	9
Mean	8:05 a.m. ^{CD}	7:38 a.m.	7:36 a.m.
Median	7:33 a.m.	7:30 a.m.	7:27 a.m.

Base = Children 5 years of age or older who attend school and answering Q.36

School (continued)

Parents/Caregivers were asked to rate their child's academic performance during the previous year.

- The vast majority of parents/caregivers rated their child's academic performance as either excellent, above average or average (98% younger school-aged, 96% older school-aged), with more than four in ten giving a rating of excellent (43% for each).



Base = Children 5 years of age or older who attend school (Younger School-aged n=384; Older School-aged n=253)
Q.37

Child's Academic Performance the Previous Year

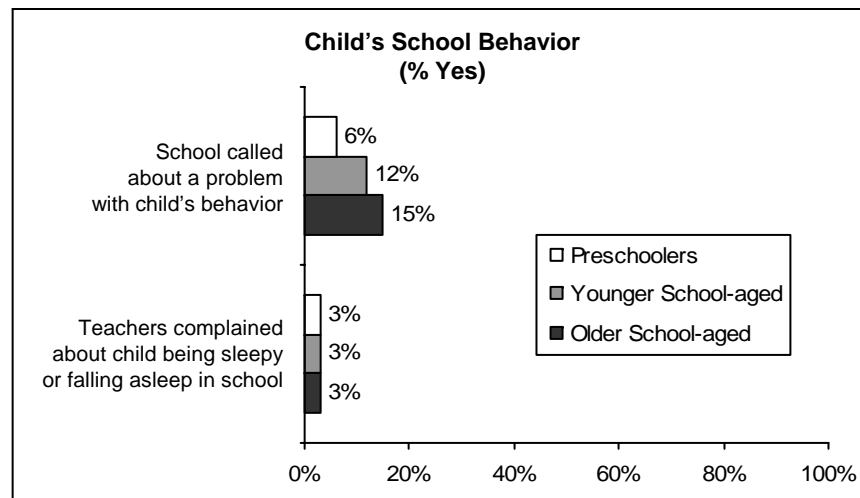
	Child's Sleep Percentile*		
	Lower 25% ^B	Middle 50% ^C	Upper 25% ^D
	n= (202)	(354)	(182)
Excellent	33%	42% ^B	43% ^B
Above Average	37	32	33
Average	22	18	21
Below Average	4	2	1
Failing	-	<1	-

Base = Children 5 years of age or older who attend school
*Child's sleep percentile is based on hours slept in a 24 hour period within each age range
Q.37

School (continued)

Parents/Caregivers were asked if their child's teachers have ever complained about their child being sleepy or falling asleep in school, as well as if their child's school has ever called them about their child's behavior.

- Fewer than two in ten reported that their child's school has contacted them about their child's behavior. Preschoolers tend to be the least likely to have had their school contact a parent/caregiver about a behavior problem (6% vs. 12%, 15%).
- Very few parents/caregivers (3% each) indicated that their child's teacher has complained about their child being sleepy or falling asleep in school.
- Children who get less sleep compared to those who get more sleep (17% of the lower 25th sleep percentile vs. 8% of the upper 25th percentile) and children who wake before 6:00 a.m. compared to those who wake after 6:00 a.m. (50% vs. 10%-18%) were more likely to have their child's school call about a problem with the child's behavior.



Base = Children 5 years of age or older who attend school and answering (Preschoolers n=111; Younger School-aged n=383,384; Older School-aged n=251,252) Q.40,41

	Child's Sleep Percentile ¹			Child Seems Sleepy/Overtired During the Day		Time Child Wakes Up			
	Lower 25% ^B	Middle 50% ^C	Upper 25% ^D	Few days a week ^E	Rarely/ Never ^F	<6a.m. ^G	6-<7a.m. ^H	7-<8a.m. ^I	8a.m.+ ^J
	n=								
Teachers complained about child being sleepy or falling asleep in school	(202)	(354)	(181)	(106)	(502)	(18)*	(280)	(415)	(34)*
	4%	2%	3%	9% ^F	2%	5%	3%	2%	6%
School called about a problem with child's behavior	(201)	(353)	(181)	(106)	(501)	(18)*	(280)	(413)	(34)*
	17% ^D	12%	8%	18%	12%	50% ^{H,I,J}	13%	10%	18%

Base = Children 5 years of age or older who attend school and answering

¹Child's sleep percentile is based on hours slept in a 24 hour period within each age range

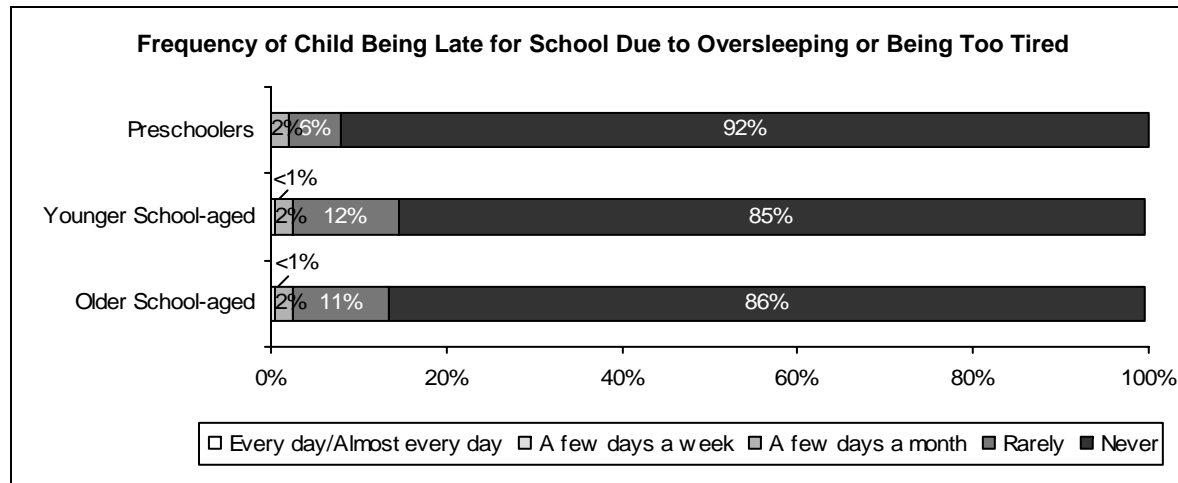
*Caution: Small Base

Q.40,41

School (continued)

Parents/Caregivers were asked how often their child has been late for school due to his or her oversleeping or being too tired.

- More than eight in ten parents/caregivers said their child has never been late for school because they overslept or were too tired (85%-92%). Very few school-aged children (<1% for both younger and older school-aged) were late every day or almost every day because they were too tired or overslept.

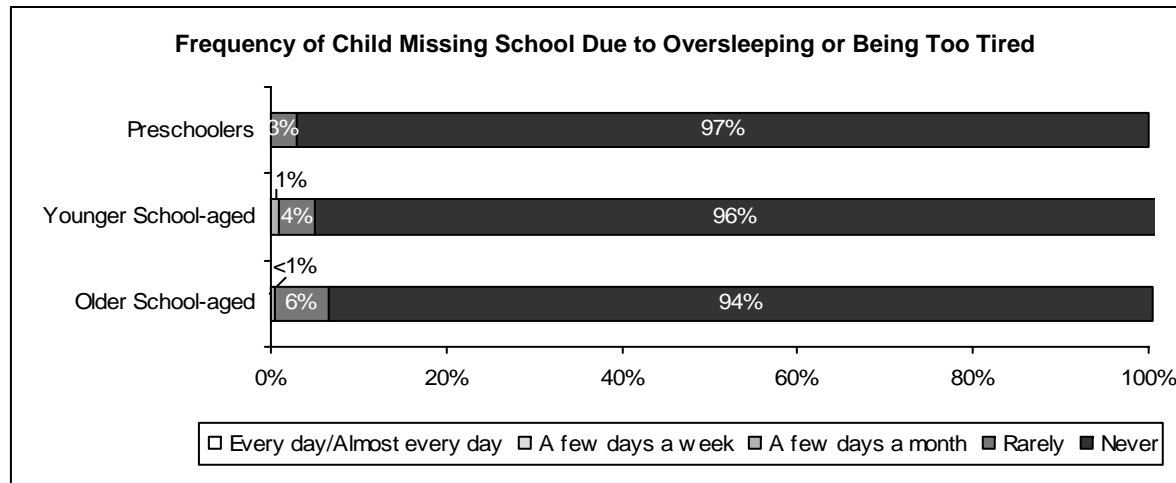


Base = Children 5 years of age or older who attend school and able to rate
(Preschoolers n=111; Younger School-aged n=384; Older School-aged n=252)
Q.45

School (continued)

Parents/Caregivers were then asked how often their child has missed school due to his or her oversleeping or being too tired.

- Nearly all parents/caregivers said their child never missed school because they overslept or were too tired (94%-97%).



Base = Children 5 years of age or older who attend school and able to rate
(Preschoolers n=111; Younger School-aged n=384; Older School-aged n=252)
Q.46

Parent's/Caregiver's Sleep Behavior

Parent's/Caregiver's Sleep Behavior

Parents/Caregivers were asked how many hours they usually sleep during one night. On average, parents/caregivers sleep about seven hours (6.8 hours) during the night, with the exception of parents/caregivers of children 0-2 months old (6.2 hours).

- A significant proportion of these parents/caregivers report getting less than seven hours of sleep a night (38%), with parents/caregivers of infants getting the least amount of sleep (49% less than seven hours).
- Parents/Caregivers whose child sleeps the least are twice as likely to say that they themselves sleep less than six hours a night (20% of the lower 25th sleep percentile vs. 11% of both the middle 50th and upper 25th percentiles).

	Total	Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E
n=	(1466)	(225)	(406)	(701)	(894)
Less than 6 hours	13%	18%	13%	14%	13%
6 to 6.9 hours	25	31	25	24	24
7 to 7.9 hours	33	24	32 ^B	33 ^B	36 ^B
8 to 8.9 hours	25	25	24	25	24
9 to 9.9 hours	3	2	4	4	2
10 hours or more	1	1	1	<1	<1
Mean (# of hours)	6.8	6.6	6.8	6.8	6.8
Median (# of hours)	7.0	7.0	7.0	7.0	7.0

Base = Those answering Q.60

Parents/Caregivers were then asked how many hours they usually sleep during one day. The majority of parents/caregivers said they do not sleep during the day (85%), however, if they do sleep during the day, they sleep less than one hour on average (0.3 hours).

	Total	Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E
n=	(1466)	(227)	(407)	(700)	(892)
None	85%	78%	85% ^B	85% ^B	86% ^B
Less than 1 hour*	3	4	3	3	3
1 to 2 hours	9	14 ^E	10	9	9
3 hours or more	3	4	3	3	3
Mean (# of hours)	0.3	0.4	0.3	0.3	0.3
Median (# of hours)	0.0	0.0	0.0	0.0	0.0

Base = Those answering Q.61
*Excludes None

Parent's/Caregiver's Sleep Behavior (continued)

The majority of all parents/caregivers surveyed said they think they need between eight and nine hours of sleep (59%), with an average of eight hours (7.9 hours).

Hours of Sleep Parents/Caregivers Think They Need (per night)					
	Total	Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E
n=	(1458)	(227)	(407)	(695)	(887)
Less than 6 hours	2%	2%	1%	1%	3% ^{CD}
6 to 6.9 hours	6	9	5	5	6
7 to 7.9 hours	15	11	13	16 ^B	17 ^B
8 to 8.9 hours	59	61	61	58	58
9 to 9.9 hours	11	11	12	13	10
10 hours or more	6	6	8	7	6
Mean (# of hours)	7.9	8.0	8.0 ^E	8.0 ^E	7.9
Median (# of hours)	8.0	8.0	8.0	8.0	8.0

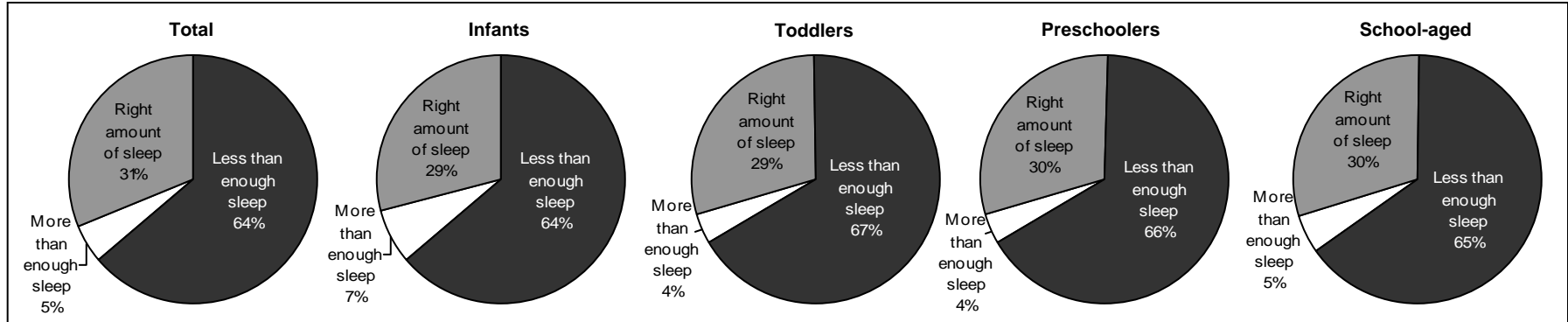
Base = Those answering
Q.62

Parent's/Caregiver's Sleep Behavior (continued)

The number of hours parents/caregivers say they *actually* sleep at night was compared to how much sleep they *think* they need.

- The majority of all parents/caregivers get less sleep than they say they need. Almost two-thirds of parents/caregivers (64%) sleep fewer hours than what they think they need, while 31% get the same or right amount of sleep as they think they need.

Amount of Sleep Parents/Caregivers Get During the Night vs. Hours of Sleep Parents/Caregivers Think They Need



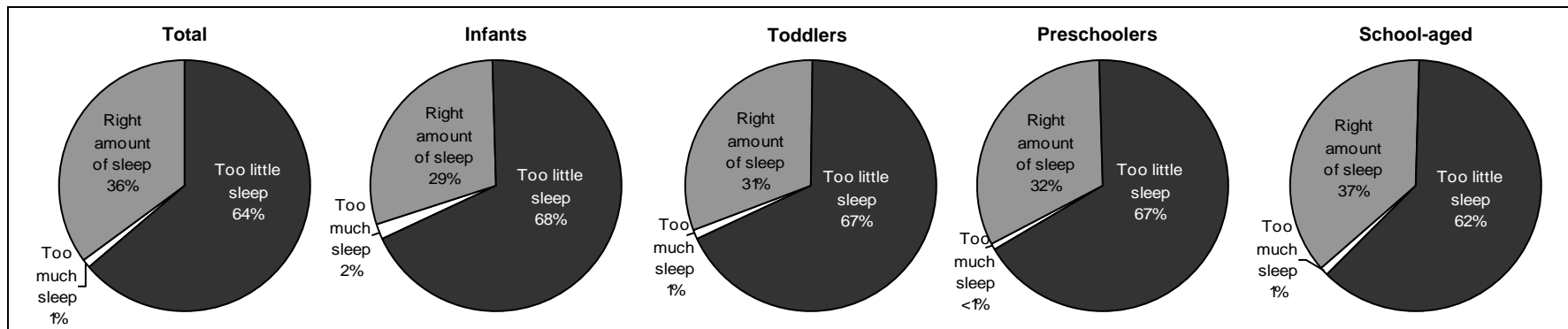
Base = Those answering (Total n=1457; Infants n=226; Toddlers n=406; Preschoolers n=696; School-aged n=888)

Q.60/62

When asked directly if they get too little, too much or the right amount of sleep during the night, most parents/caregivers indicate they get too little sleep (64%), while 36% of parents/caregivers say they get the right amount of sleep.

Compared to the above data, parents/caregivers are likely to realize when they are actually getting too little sleep.

On Most Nights, Parents/Caregivers Say They Get Too Little, Too Much or the Right Amount of Sleep



Base = Those answering (Total n=1469; Infants n=227; Toddlers n=407; Preschoolers n=701; School-aged n=895)

Q.63

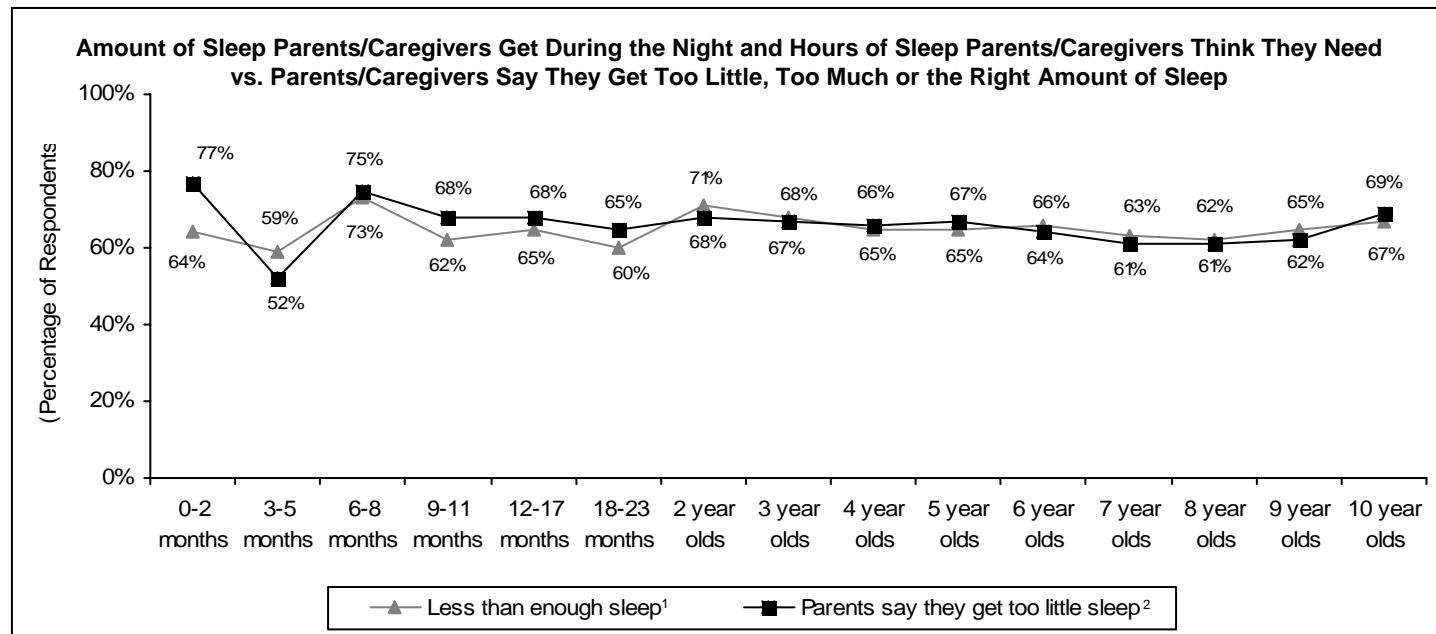
Parent's/Caregiver's Sleep Behavior (continued)

Most parents/caregivers are actually sleeping less during one night than they think they need. In fact, about six in ten or more are sleeping fewer hours than what they think they need during one night (59%-73%).

The majority of parents/caregivers know when they are getting too little sleep during one night. In fact, more than one-half of the parents/caregivers reported that they are getting too little sleep (52%-77%).

- About three-fourths of the parents or caregivers of infants (0-2 months) indicate that they get too little sleep (77%) as did 52% of parents or caregivers of three to five month olds. Moreover, the proportion of parents or caregivers increases to a level seen with 0 to 2 month olds and continues at a similar pattern throughout the age categories (61%-75%).

The chart below displays the two similar measures showing parents/caregivers who are sleeping fewer hours than what they think they need and parents/caregivers who said they are getting too little sleep.



Base = Those answering

¹Parents/caregivers who got less sleep in a 24-hour period than the number of hours they think they need

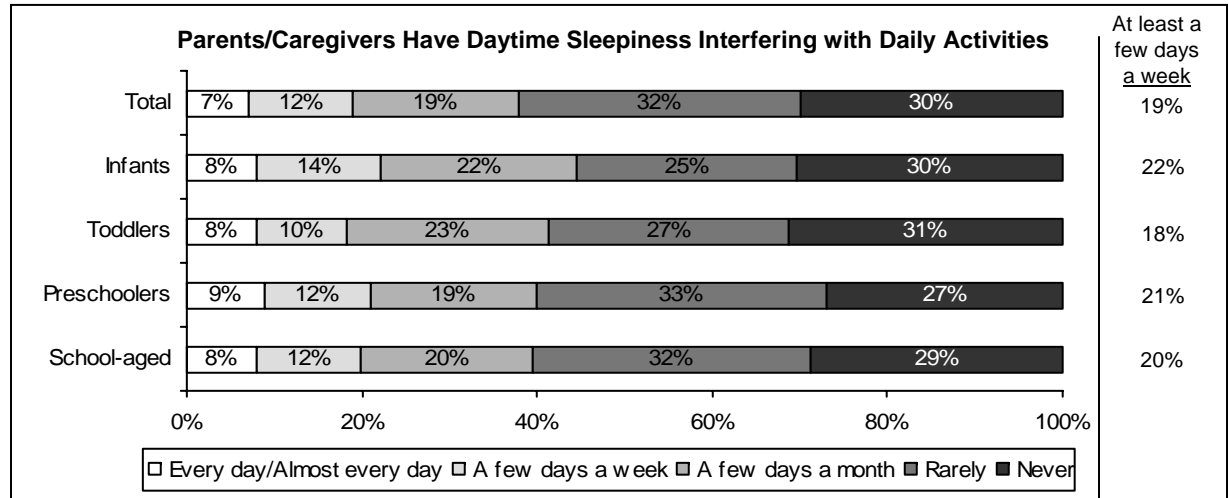
²Parents/caregivers who say they get too little sleep

Q.60/62,63

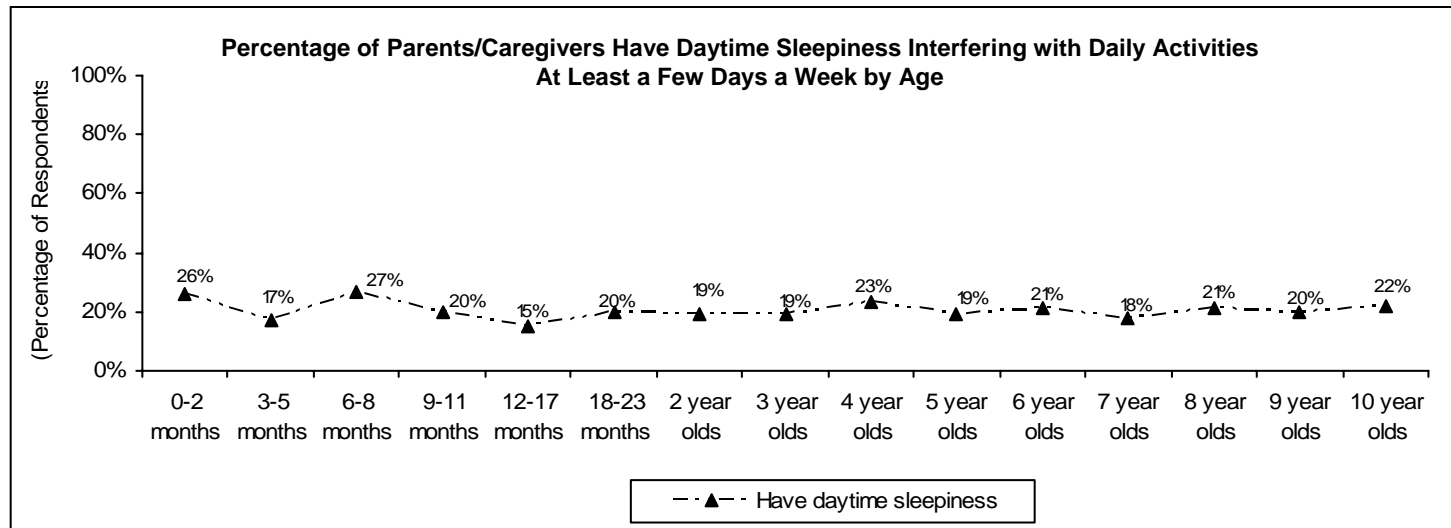
Parent's/Caregiver's Sleep Behavior (continued)

Parents/Caregivers were asked how often they experience daytime sleepiness. Roughly two in ten parents/caregivers report having daytime sleepiness so severe that it interferes with their daily activities at least a few days a week (19%). And, almost one in ten say they experience this level of daytime sleepiness every day or almost every day (7%).

- Parents/Caregivers who report rarely or never having daytime sleepiness tend to get more sleep at night on average (6.9 hours), while those who say they experience daytime sleepiness at least a few days a week tend to get less sleep (6.4 hours).



Base = Those able to rate (Total n=1468; Infants n=227; Toddlers n=407; Preschoolers n=700; School-aged n=894)
Q.64

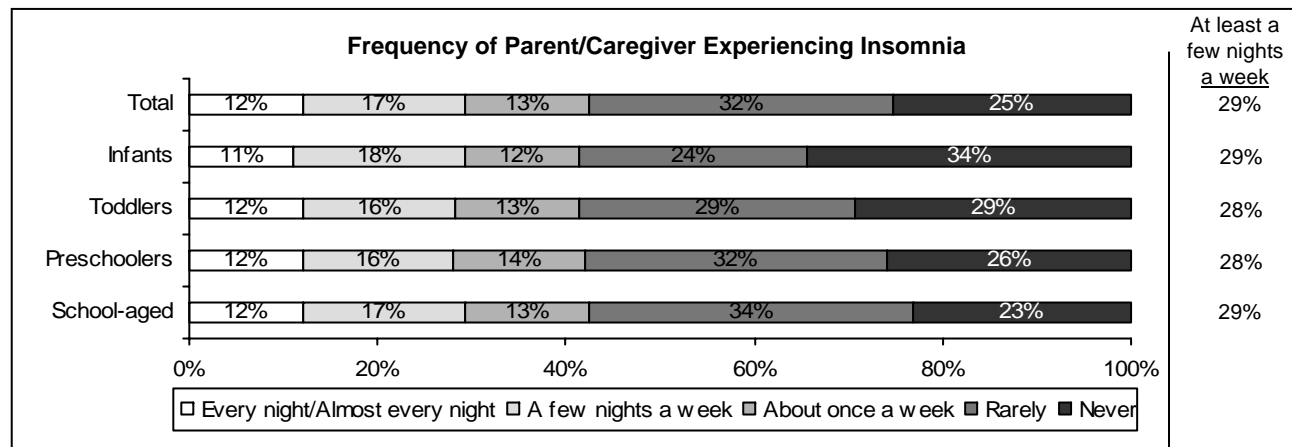


Base = Those able to rate
Q.64

Parent's/Caregiver's Sleep Behavior (continued)

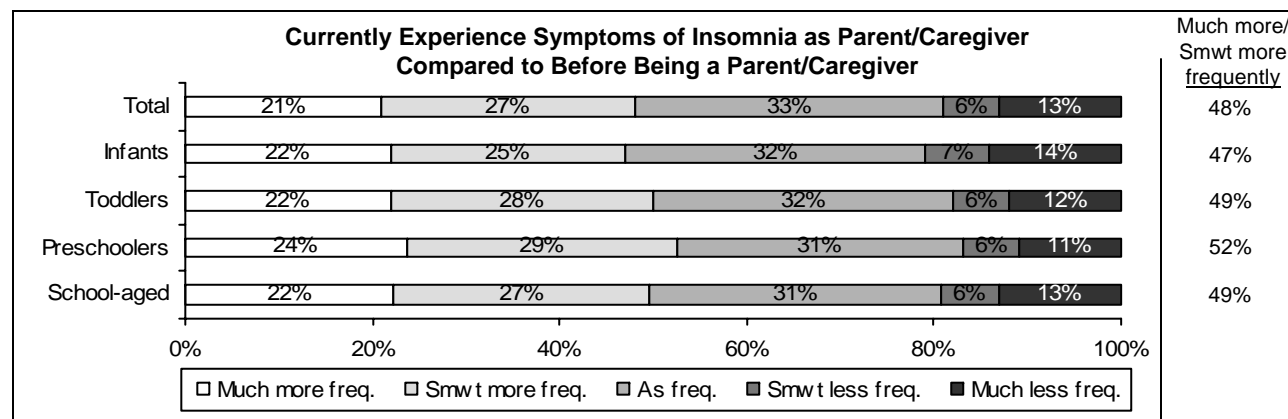
Parents/Caregivers were asked how often they experience insomnia. Insomnia is defined as any of the following symptoms: trouble falling asleep, trouble staying asleep, waking too early, or being unable to get back to sleep.

- Nearly three in ten parents/caregivers (29%) said they experience these symptoms of insomnia at least a few nights a week, with 12% of parents/caregivers experiencing insomnia every night or almost every night.



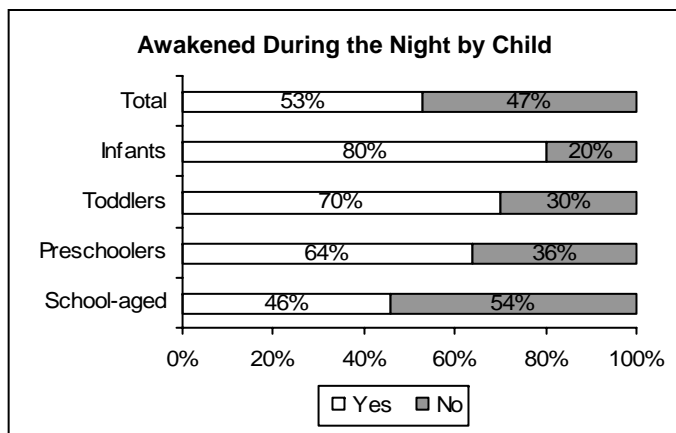
Base = Those able to rate (Total n=1470; Infants n=227; Toddlers n=407; Preschoolers n=701; School-aged n=895)
 Insomnia is defined as trouble falling asleep, trouble staying asleep, waking too early or being unable to get back to sleep
 Q.69

When asked to compare their frequency of having insomnia now as compared to before being a parent/caregiver, about one-half (48%) report that they currently experience symptoms of insomnia much more (21%) or somewhat more (27%) frequently than before they were a parent/caregiver. However, 19% say they experience these symptoms somewhat less (6%) or much less (13%) frequently.



Base = Those who experience insomnia and able to rate (Total n=1049; Infants n=144; Toddlers n=279; Preschoolers n=498; School-aged n=659)
 Q.70

Parent's/Caregiver's Sleep Behavior (continued)



Base = Those answering Q.65

Parents/Caregivers were asked how many nights their child awakens them and how much sleep they lose on average because of this. More than one-half of all parents/caregivers said their child awakens them at least once during the week (53%) losing an average of 33 minutes per night (33.1 minutes).

- More than six in ten parents/caregivers of infants (80%), toddlers (70%) or preschoolers (64%) report being awakened at night at least one time per week by their child. In addition, close to one-half of parents/caregivers of school-aged children say they are awakened by their child at least one time during the week (46%).
- In fact, nearly one-half of parents/caregivers of infants are awakened six or seven nights a week (48%). When these parents are awakened, they lose an average of about 55 minutes of sleep per night (54.9 minutes).
- Parents/Caregivers of toddlers and preschoolers are awakened by their child an average of two to three nights per week (2.8 and 2.3, respectively), losing an average of about 35 minutes of sleep per night (34.8 toddlers, 33.3 preschoolers).
- Parents/Caregivers of school-aged children are awakened slightly more than one night per week by their child (1.4), with an average sleep loss of about 30 minutes per night (29.8).

	Total	Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E
n=	(1457)	(226)	(403)	(696)	(888)
None	47%	20%	30% ^B	36% ^B	54% ^{BCD}
1 to 2 nights	25	17	26 ^B	28 ^B	26 ^B
3 to 5 nights	13	15	20 ^E	18 ^E	11
6 to 7 nights	15	48 ^{CDE}	24 ^{DE}	17 ^E	10
Mean (# of nights)	1.9	4.1 ^{CDE}	2.8 ^{DE}	2.3 ^E	1.4
Median (# of nights)	1.0	4.0	2.0	1.0	0.0

Base = Those answering Q.65

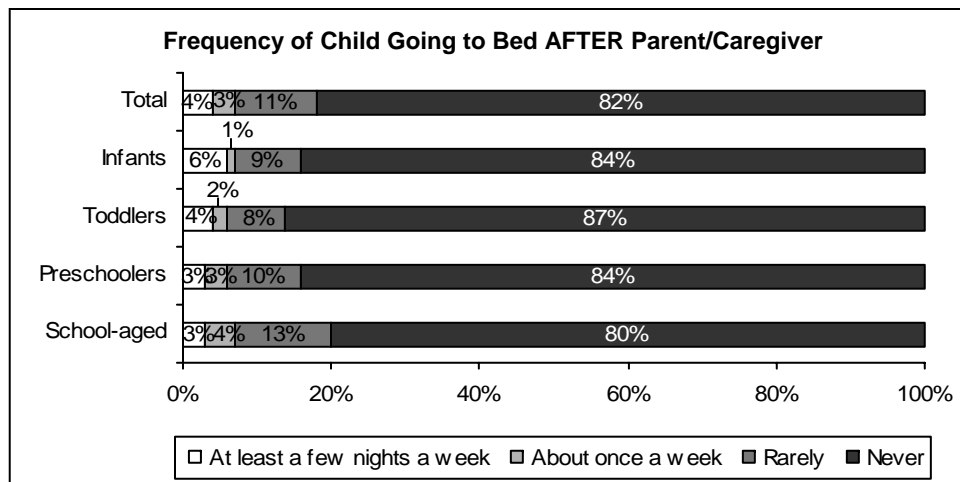
	Total	Infants ^B	Toddlers ^C	Preschoolers ^D	School-aged ^E
n=	(807)	(182)	(289)	(457)	(423)
None	8%	3%	7%	7% ^B	10% ^B
1 to 30 minutes	59	36	58 ^B	60 ^B	62 ^B
31 to 59 minutes	16	23 ^{DE}	18	16	16
1 to 2 hours	14	30 ^{CDE}	15 ^E	14 ^E	9
More than 2 hours	3	8 ^{CDE}	3	3	3
Mean (# of minutes)	33.1	54.9 ^{CDE}	34.8	33.3	29.8
Median (# of minutes)	15.5	45.0	15.5	15.5	15.5

Base = Those whose children awaken them at night and answering Q.66

Parent's/Caregiver's Sleep Behavior (continued)

Parents/Caregivers were asked how often their child goes to bed after they do.

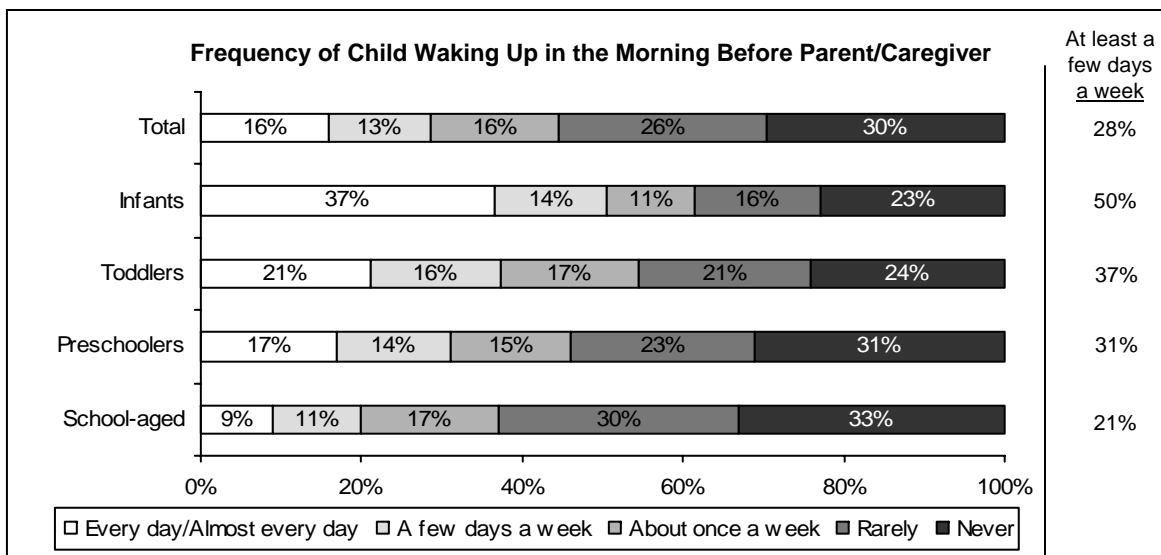
- More than eight in ten of all parents/caregivers surveyed reported that their child *never* goes to bed after they do (82%). However, very few (4%) said their child goes to bed *after* them at least a few nights a week.



Base = Those able to rate (Total n=1470; Infants n=227; Toddlers n=407; Preschoolers n=702; School-aged n=895)
Q.67

When asked if their child wakes in the morning before the parents/caregivers, nearly three in ten (28%) report that this happens at least a few days a week, with 16% saying this happens every day or almost every day.

- Infants are more likely to wake up in the morning before their parents/caregivers at least a few days a week (50%).
- About one-third of parents/caregivers of toddlers (37%) and preschoolers (31%) and roughly two in ten school-aged children (21%) say their child wakes up in the morning before they do at least a few days a week.



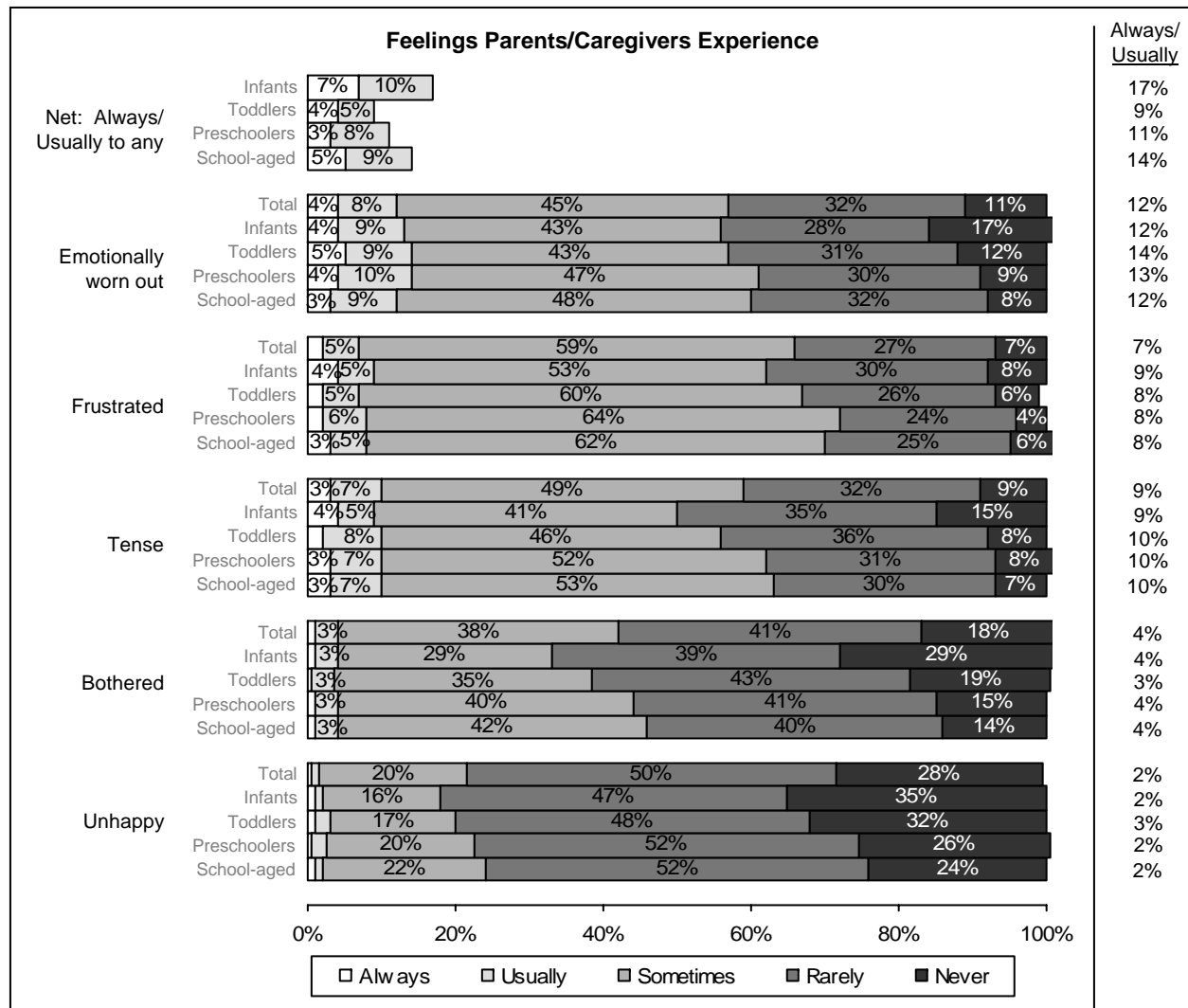
Base = Those able to rate (Total n=1468; Infants n=227; Toddlers n=405; Preschoolers n=701; School-aged n=894)
Q.68

Parent's/Caregiver's Daytime Behavior

Parent's/Caregiver's Daytime Behavior

Parents/Caregivers were asked how often they feel frustrated, tense, bothered, unhappy or emotionally worn out.

- Less than two in ten parents/caregivers say they always or usually have at least one of these feelings (9%-17%) with parents/caregivers of infants being the most likely to experience one of these feelings. About one in ten or fewer parents/caregivers always or usually feel emotionally worn out (12%), tense (9%), frustrated (7%), bothered (4%) or unhappy (2%).



Base = Those able to rate (Total n=1466=1470; Infants n=226-227; Toddlers n=407; Preschoolers n=700-702; School-aged n=893-896)

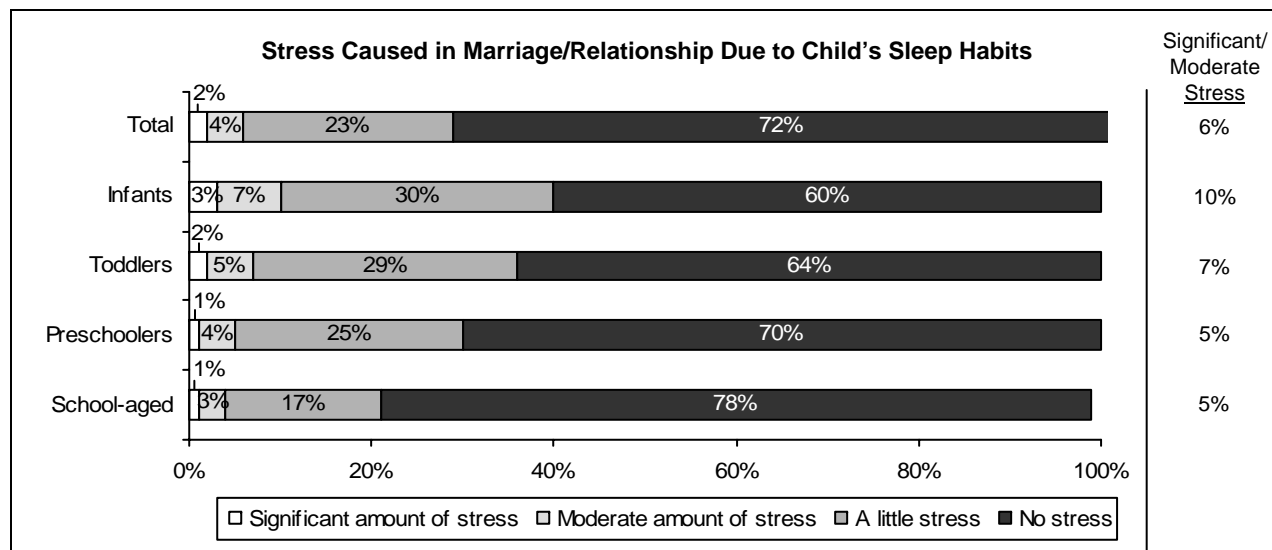
Note: Sections of bars not labeled = 2% or less

Q.71a-e

Parent's/Caregiver's Daytime Behavior (continued)

Parents/Caregivers were asked how much stress their child's sleep habits cause in their marriage or relationship.

- Some parents/caregivers (6%) report that their child's sleep habits cause a moderate or significant amount of stress on their marriage or relationship. On the other hand, more than seven in ten (72%) said their child's sleep habits cause no stress in their marriage.
- Parents/Caregivers who have an infant in their household tend to be more likely to say their child's sleep causes a significant or moderate amount of stress (10%) compared to households with older children (7% toddlers, 5% preschoolers, 5% school-aged).

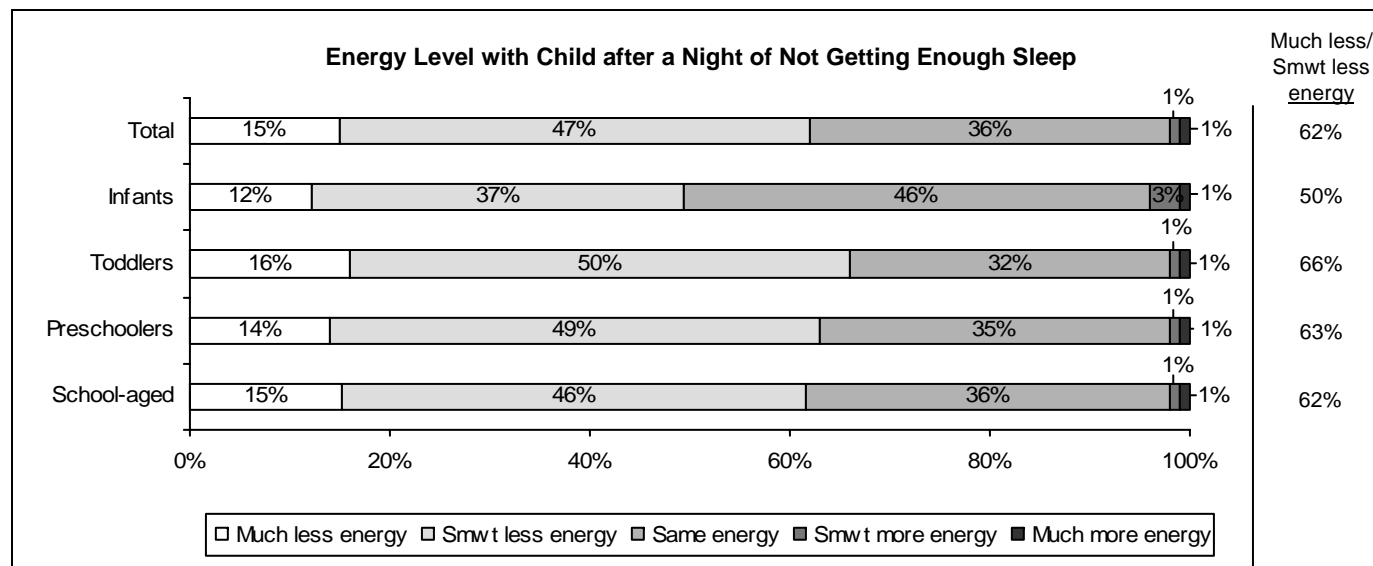


Base = Those who are married or in a relationship and able to rate (Total n=1454; Infants n=226; Toddlers n=405; Preschoolers n=692; School-aged n=886)
Q.72

Parent's/Caregiver's Daytime Behavior (continued)

Parents/Caregivers were asked to explain their energy level with their child after a night of not getting enough sleep. More than six in ten of all parents/caregivers surveyed (62%) said they are much less or somewhat less energetic with their child when they do not get enough sleep the previous night.

- The majority of parents/caregivers of toddlers (66%), preschoolers (63%) and school-aged (62%) children said that when they do not get enough sleep the previous night, they have less energy with their children compared to one-half of parents/caregivers of infants (50%).



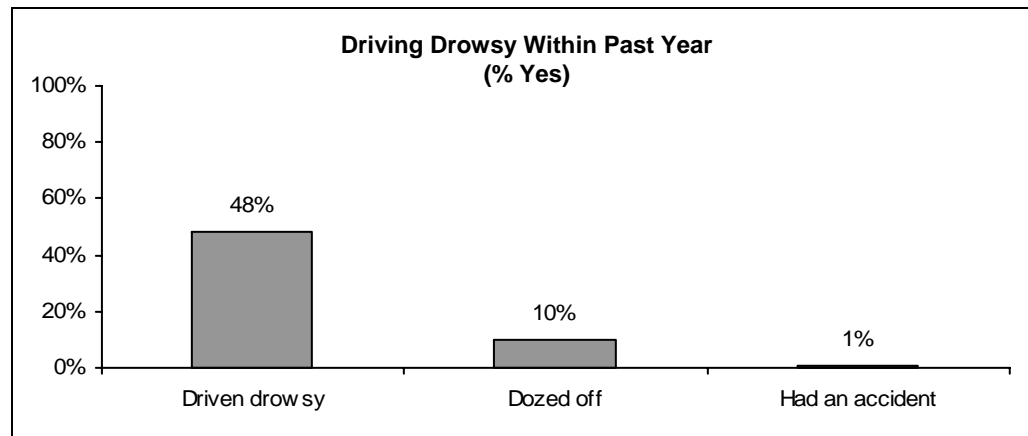
Base = Those able to rate (Total n=1453; Infants n=224; Toddlers n=404; Preschoolers n=700; School-aged n=883)
Q.73

Parent's/Caregiver's Driving Drowsy

Parent's/Caregiver's Driving Drowsy

Parents/Caregivers were asked if they have driven a car or another motor vehicle while feeling drowsy, have dozed off, even if just for a brief moment, while at the wheel of a car or another vehicle, or if they have had an accident because they dozed off or were too tired while driving during the past year.

- Nearly one-half of all parents/caregivers surveyed said they have driven a motor vehicle while feeling drowsy during the past year (48%), while one in ten said they have dozed off while driving a car or another vehicle (10%) and only 1% said they have had an accident because they dozed off or were too tired to drive in the past year.



Base = Those who have a driver's license and answering (n=1463-1465)
Q.74a-c

Characteristics

Characteristics

Some key characteristics of the parents/caregivers and their household include:

- More than seven in ten parents/caregivers surveyed were either the mother or stepmother of the child (72%).
- More than one-half of these parents/caregivers (55%) were considered the primary caregiver while the remaining 45% was someone who shares equally in the childcare.
- The majority of parents/caregivers are married (91%).
- The parents/caregivers average age is 36 years old (36.1).
- The majority have some college education or more (74%).
- The average household income was \$72,840 a year (median of \$57,500).
- A sizable proportion of parents/caregivers interviewed do not work (29%). However, the average amount that the parent/caregiver interviewed works is 27 hours a week (27.1).
- The parents/caregivers reported that their spouse works an average of 40 hours a week (40.1).
- Together, the parents/caregivers and their spouse work an average of 67 hours a week (66.6).
- Two-thirds of the families interviewed have 4 or 5 people living in their household (67%).

The characteristics of the child who was profiled include:

- An equal proportion of male (51%) and female (49%) children were profiled.
- Almost six in ten are the last born (57%).
- Nearly two in ten are the only child (19%), while another 16% are the first born.
- The remaining children are the middle child (9%).

Characteristics (continued)

		<u>Infants</u>	<u>Toddlers</u>	<u>Preschoolers</u>	<u>School-aged</u>
<u>Child's Gender</u>	n=	(210)	(239)	(387)	(637)
Male		48%	50%	53%	51%
Female		52	50	47	49
<u>Age of Child</u>	n=	(210)	(239)	(387)	(637)
Mean (# of years)		0.5	1.9	4.5	8.6
Median (# of years)		0.4	2.0	4.4	8.5
<u>Birth Order of Child</u>	n=	(210)	(239)	(387)	(637)
Only child		25%	33%	19%	12%
First born		-	1	14	26
Middle child		-	<1	9	13
Last born		75	66	58	49
<u>Overall Health of Child¹</u>	n=	(210)	(239)	(386)	(637)
Excellent		81%	72%	69%	65%
Very good		16	21	25	28
Good		3	5	5	6
Fair/Poor		-	2	1	1

Base = Total sample

¹Base = Those answering/able to rate

Q.S3-S5,51

Characteristics (continued)

		<u>Infants</u>	<u>Toddlers</u>	<u>Preschoolers</u>	<u>School-aged</u>			<u>Infants</u>	<u>Toddlers</u>	<u>Preschoolers</u>	<u>School-aged</u>
<u>Marital Status</u>	n=	(210)	(239)	(387)	(637)	<u>Ethnic Background of Parent/Caregiver*</u>	n=	(210)	(239)	(387)	(637)
Married		89%	92%	91%	92%	White/Caucasian		84%	96%	88%	91%
Single/Living with someone		9	7	4	3	Black/African American		6	<1	6	3
Divorced/Separated/Widowed		1	1	6	6	Other		12	5	8	6
<u>Age of Parent/Caregiver</u>	n=	(210)	(239)	(387)	(637)	<u>Ethnic Background of Child*</u>	n=	(210)	(239)	(387)	(637)
Under 25		10%	6%	4%	<1%	White/Caucasian		85%	93%	87%	89%
25-29		33	25	12	4	Black/African American		7	1	6	4
30-34		32	41	29	18	Other		14	8	10	9
35-44		22	24	48	60	<u>Relationship to Child</u>	n=	(210)	(239)	(387)	(637)
45 or older		3	4	6	18	Mother/Stepmother		76%	69%	72%	74%
Mean (# of years)		31.0	32.3	35.3	39.2	Father/Stepfather		21	29	25	25
Median (# of years)		30.0	32.0	35.0	39.0	Grandparent		2	2	2	1
<u>Education of Parent/Caregiver</u>	n=	(210)	(239)	(387)	(637)	<u>Primary Caregiver</u>	n=	(210)	(239)	(387)	(637)
High school or less		27%	23%	24%	28%	Primary caregiver		59%	54%	57%	54%
Some college or more		73	77	76	72	Shares equally in childcare		41	46	43	46
<u># of Individuals Living in House</u>	n=	(210)	(239)	(387)	(637)	<u>Region</u>	n=	(210)	(239)	(387)	(637)
2 to 3		24%	33%	18%	16%	Northeast		15%	19%	17%	17%
4		39	39	50	49	Midwest		22	28	24	22
5		23	15	22	22	South		33	29	37	38
6 or more		14	12	10	14	West		29	23	21	23

Base = Those answering
Q.77-80

Base = Those answering
*Multiple Responses Accepted
Q.S2,S7,1,81,82

Characteristics (continued)

		Infants	Toddlers	Preschoolers	School-aged
<u>Total Hours Respondent Works (per week)</u>	n=	(210)	(239)	(386)	(635)
None		40%	27%	32%	26%
1 to 19 hours		11	12	9	9
20 to 39 hours		11	16	14	17
40 hours		19	21	20	21
41 hours or more		18	25	26	27
Mean (# of hours)		21.9	27.4	26.7	28.4
Median (# of hours)		15.0	35.0	32.0	36.0
<u>Total Hours Spouse Works (per week)¹</u>	n=	(204)	(233)	(369)	(609)
None		9%	12%	12%	9%
1 to 19 hours		4	3	3	4
20 to 39 hours		8	9	9	9
40 hours		34	29	32	28
41 hours or more		45	47	44	50
Mean (# of hours)		39.8	39.1	39.2	41.2
Median (# of hours)		40.0	40.0	40.0	42.0

Base = Those answering

¹Base = Those who are married or in a relationship and answering

*Excludes None

Q.75,76

		Infants	Toddlers	Preschoolers	School-aged
<u>Total Hours Worked in Household (per week)</u>	n=	(209)	(238)	(381)	(629)
Less than 40 hours		8%	4%	4%	6%
40 hours		15	11	12	9
41 to 59 hours		28	26	26	18
60 to 79 hours		20	22	23	26
80 hours		9	11	14	12
81 hours or more		19	25	20	28
Mean (# of hours)		61.5	66.1	65.4	68.6
Median (# of hours)		55.0	64.0	62.0	70.0
<u>Household Income</u>	n=	(210)	(239)	(387)	(637)
Under \$20,000		5%	4%	5%	4%
\$20,000 up to \$40,000		26	22	20	15
\$40,000 up to \$75,000		43	34	38	40
\$75,000 up to \$100,000		17	22	18	21
\$100,000 or more		10	17	19	20
Mean		\$62,150	\$71,650	\$72,790	\$75,570
Median		\$57,500	\$57,500	\$57,500	\$57,500

Base = Those answering

¹Base = Those who are married or in a relationship and answering

*Excludes None

Q.75/76,83

Additional Profiles

Profiles: Doctor Asked about Child's Sleep

The following is a profile of the sleep habits of children whose doctor asked about their sleep.

- Children whose doctor asked about their sleep are more likely than those whose doctor did not ask to get more sleep in a 24-hour period (10.8 vs. 10.2 hours), as well as at night (9.6 vs. 9.4 hours), on average.
- Those whose doctor asked about their sleep are more likely than their counterparts to take a nap everyday or almost everyday (42% vs. 27%).
- Children whose doctor asked about their sleep are twice as likely to be given medication to help them sleep (4% vs. 2%).
- Children whose doctor asked about their sleep are more likely than their counterparts to have a parent/caregiver report that they think the child has a sleep problem (13% vs. 7%). In fact, children whose doctor asked about their sleep are also more likely than their counterparts to have any reported sleep problems at least a few days a week (55% vs. 49%), including: seeming sleepy or overtired during the day (23% vs. 17%) and waking too early in the morning (14% vs. 9%).
- Children whose doctor asked about their sleep are more likely to be solitary sleepers (68% vs. 60%), while those whose doctor have not asked about their sleep are more likely to be room sharers (37% vs. 29%).
- Those whose doctor has asked about their sleep are more likely than their counterparts to wake up once (26% vs. 21%) or two or more times (9% vs. 6%) during the night for help or attention.

Profiles: Doctor Asked about Child's Sleep (continued)

	Doctor Asked about Child's Sleep	
	Yes ^B	No ^C
	n= (680)	(757)
<u>Hours Child Slept in 24 Hours</u>		
Mean (# of hours)	10.8 ^C	10.2
<u>Hours Child Slept at Night</u>		
Mean (# of hours)	9.6 ^C	9.4
<u>Child's Sleep Percentile*</u>		
Lower 25%	25%	29%
Middle 50%	47	44
Upper 25%	28	24
<u>Child's Naps</u>		
Every day or almost every day	42% ^C	27%
<u>Change in Sleep Environment</u>		
No change	78%	76%
Some change	22	24
<u>Time It Took Child to Fall Asleep</u>		
Mean (# of minutes)	16.6	16.9
<u>Given Child Medication to Help Sleep</u>		
Yes	4% ^C	2%

*Child's sleep percentile is based on hours slept in a 24 hour period within each age range

	Doctor asked About Child's Sleep	
	Yes ^B	No ^C
	n= (680)	(757)
<u>Think Child Has a Sleep Problem</u>		
Yes	13% ^C	7%
<u>Child Has Sleep Problems at Least a Few Days/Nights a Week</u>		
One or more sleep problems ¹	55% ^C	49%
Resist going to bed at bedtime	20	21
Have trouble breathing while sleeping	10	9
Snore	15	17
Have difficulty falling asleep at bedtime	15	14
Wake too early in the morning	14 ^C	9
Seem sleepy/overtired during the day	23 ^C	17
Complain of uncomfortable feelings in legs	5	4
Have nighttime fears	8	6
<u>Co-Sleeping</u>		
Solitary sleeper	68% ^C	60%
Room sharer	29	37 ^B
Bed sharer	14	15
<u># of Times Child Woke During the Night and Needed Help or Attention</u>		
Did not wake	65%	73% ^B
One time	26 ^C	21
Two or more times	9 ^C	6

¹One or more sleep problems include the eight behaviors listed above

Profiles: Parents/Caregivers Asked Doctor about a Sleep Problem

The following is a profile of the sleep habits of children whose parent/caregiver asked their child's doctor about a sleep problem.

- Children whose parents/caregivers asked about a sleep problem get less sleep in a 24-hour period (10.1 vs. 10.5 hours) and during the night (9.3 vs. 9.5 hours) than those whose parent/caregiver has not asked.
- Parents/Caregivers who have asked their child's doctor about a sleep problem are more likely than their counterparts to have given their child sleep medication (12% vs. 2%).
- Parents/caregivers who asked their child's doctor about a sleep problem are more likely to think their child has a sleep problem (31% vs. 7%). These children are more likely than their counterparts to have any reported sleep problems at least a few days/nights a week (69% vs. 50%), including: seeming sleepy or overtired during the day (33% vs. 18%), resisting going to bed at bedtime (32% vs. 19%), snoring (25% vs. 14%), having difficulty falling asleep (24% vs. 13%), having trouble breathing while sleeping (19% vs. 8%), waking too early in the morning (18% vs. 10%) and having nighttime fears (18% vs. 6%).
- Children whose parents/caregivers asked about a sleep problem are more likely than those whose parents/caregivers did not to wake up at least once during the night and need help or attention (39% vs. 30%).

Profiles: Parents/Caregivers Asked Doctor about a Sleep Problem (continued)

	Asked Doctor About Sleep Problem	
	Yes ^B	No ^C
	n= (185)	(1285)
<u>Hours Child Slept in 24 Hours</u>		
Mean (# of hours)	10.1	10.5 ^B
<u>Hours Child Slept at Night</u>		
Mean (# of hours)	9.3	9.5 ^B
<u>Child's Sleep Percentile*</u>		
Lower 25%	28%	26%
Middle 50%	49	45
Upper 25%	22	27
<u>Child's Naps</u>		
Every day or almost every day	32%	34%
<u>Change in Sleep Environment</u>		
No change	75%	78%
Some change	25	22
<u>Time It Took Child to Fall Asleep</u>		
Mean (# of minutes)	18.3	16.4
<u>Given Child Medication to Help Sleep</u>		
Yes	12% ^C	2%

*Child's sleep percentile is based on hours slept in a 24 hour period within each age range

	Asked Doctor About Sleep Problem	
	Yes ^B	No ^C
	n= (185)	(1285)
<u>Think Child Has a Sleep Problem</u>		
Yes	31% ^C	7%
<u>Child Has Sleep Problems at Least a Few Days/Nights a Week</u>		
One or more sleep problems ¹	69% ^C	50%
Resist going to bed at bedtime	32 ^C	19
Have trouble breathing while sleeping	19 ^C	8
Snore	25 ^C	14
Have difficulty falling asleep at bedtime	24 ^C	13
Wake too early in the morning	18 ^C	10
Seem sleepy/overtired during the day	33 ^C	18
Complain of uncomfortable feelings in legs	6	4
Have nighttime fears	18 ^C	6
<u>Co-Sleeping</u>		
Solitary sleeper	63%	64%
Room sharer	31	34
Bed sharer	18	14
<u># of Times Child Woke During the Night and Needed Help or Attention</u>		
Did not wake	61%	70% ^B
One time	29	23
Two or more times	10	7

¹One or more sleep problems include the eight behaviors listed above

Profiles: Doctor Asked if Child Snores

The following is a profile of the sleep habits of children whose doctor asked if they snore.

- Children whose doctor asked if they snore get less sleep in a 24-hour period than those whose doctor did not ask (10.2 vs. 10.5 hours).
- Children whose doctor asked if they snore are more likely than their counterparts to have been given medication to help them sleep (5% vs. 2%).
- Children whose doctor asked if they snore are more likely than their counterparts to have a parent/caregiver report that they think the child has a sleep problem (13% vs. 9%). In fact, these children are more likely than their counterparts to have any reported sleep problem at least a few days/nights a week (59% vs. 50%), including: snoring (27% vs. 12%), having trouble breathing while sleeping (18% vs. 7%) and having nighttime fears (12% vs. 6%).
- Children whose doctor asked if they snore are more likely to wake up once during the night for help or attention (29% vs. 21%).

Profiles: Doctor Asked if Child Snores (continued)

	Doctor Asked if Child Snores	
	Yes ^B	No ^C
	n= (328)	(1054)
<u>Hours Slept in 24 Hours</u>		
Mean (# of hours)	10.2	10.5 ^B
<u>Hours Slept at Night</u>		
Mean (# of hours)	9.4	9.5
<u>Child's Sleep Percentile*</u>		
Lower 25%	28%	26%
Middle 50%	46	45
Upper 25%	25	26
<u>Naps</u>		
Every day or almost every day	30%	35%
<u>Change in Sleep Environment</u>		
No change	77%	77%
Some change	23	23
<u>Time It Took for Child to Fall Asleep</u>		
Mean (# of minutes)	17.2	16.6
<u>Given Medication to Help Sleep</u>		
Yes	5% ^C	2%

*Child's sleep percentile is based on hours slept in a 24 hour period within each age range

	Doctor Asked if Child Snores	
	Yes ^B	No ^C
	n= (328)	(1054)
<u>Think Child Has a Sleep Problem</u>		
Yes	13% ^C	9%
<u>Child Has Sleep Problems at Least a Few Days/Nights a Week</u>		
One or more sleep problems ¹	59% ^C	50%
Resist going to bed at bedtime	21	20
Have trouble breathing while sleeping	18 ^C	7
Snore	27 ^C	12
Have difficulty falling asleep at bedtime	16	13
Wake too early in the morning	11	11
Seem sleepy/overtired during the day	22	19
Complain of uncomfortable feelings in legs	6	4
Have nighttime fears	12 ^C	6
<u>Co-Sleeping</u>		
Solitary sleeper	66%	63%
Room sharer	30	35
Bed sharer	13	15
<u># of Times Child Woke During the Night and Needed Help or Attention</u>		
Did not wake	66%	71%
One time	29 ^C	21
Two or more times	5	8

¹One or more sleep problems include the eight behaviors listed above

Profiles: Parents/Caregivers Get Too Little, Too Much or the Right Amount

The following is a profile of children's sleep habits based on whether their parent/caregiver say they get too little sleep, the right amount or too much sleep.

- Children whose parents/caregivers report getting too little sleep are more likely to be in the lower 25th sleep percentile compared to children whose parents/caregivers report getting the right amount of or too much sleep (29% vs. 21%).
- Children whose parents/caregivers report getting the right amount of or too much sleep are more likely to say their child typically experiences no change in his or her sleep environment (81% vs. 75%).
- On average, children whose parents/caregivers who get too little sleep take longer to fall asleep, on average, than those whose parents/caregivers get the right amount of or too much sleep (17.7 vs. 15.1 minutes).
- Parents/Caregivers who report getting too little sleep are twice as likely as parents/caregivers who get the right amount of or too much sleep to feel their child has a sleep problem (12% vs. 6%).
- Children whose parents/caregivers who get too little sleep are more likely than children whose parents/caregivers get the right amount of or too much sleep to have any sleep problem at least a few days/nights a week (57% vs. 44%). The specific sleep problems these children experience more often include: resisting going to bed at bedtime (24% vs. 15%), having trouble breathing during sleep (11% vs. 5%), difficulty falling asleep at bedtime (17% vs. 9%), waking too early in the morning (14% vs. 6%) and seeming sleepy or overtired during the day (22% vs. 16%).
- Parents/Caregivers who report getting too little sleep are more likely to report that their child shares a room (37% vs. 28%) or a bed (16% vs. 12%) compared to parents/caregivers who get the right amount of or too much sleep.
- Children whose parents/caregivers report getting the right amount of or too much sleep are more likely to say their child did not wake up during the night and need help or attention (74% vs. 66%). At the same time, parents/caregivers who get too little sleep are more likely to say their child woke up two or more times during the night needing help or attention (9% vs. 5%).

Profiles: Parents/Caregivers Get Too Little, Too Much or the Right Amount (continued)

	Parent/Caregiver's Sleep	
	Parent/Caregiver's Sleep	
	n=	Right amount/ Too much ^C
<u>Hours Child Slept in 24 Hours</u>		
Mean (# of hours)	10.4	10.6
<u>Hours Child Slept at Night</u>		
Mean (# of hours)	9.4	9.7 ^B
<u>Child's Sleep Percentile*</u>		
Lower 25%	29% ^C	21%
Middle 50%	44	48
Upper 25%	24	29
<u>Child's Naps</u>		
Every day or almost every day	34%	33%
<u>Change in Sleep Environment</u>		
No change	75%	81% ^B
Some change	25 ^C	19
<u>Time It Took Child to Fall Asleep</u>		
Mean (# of minutes)	17.7 ^C	15.1
<u>Given Child Medication to Help Sleep</u>		
Yes	4% ^C	2%

*Child's sleep percentile is based on hours slept in a 24 hour period within each age range

	Parent/Caregiver's Sleep	
	Parent/Caregiver's Sleep	
	n=	Right amount/ Too much ^C
<u>Think Child Has a Sleep Problem</u>		
Yes	12% ^C	6%
<u>Child Has Sleep Problems at Least a Few Days/Nights a Week</u>		
One or more sleep problems ¹	57% ^C	44%
Resist going to bed at bedtime	24 ^C	15
Have trouble breathing while sleeping	11 ^C	5
Snore	17	13
Have difficulty falling asleep at bedtime	17 ^C	9
Wake too early in the morning	14 ^C	6
Seem sleepy/overtired during the day	22 ^C	16
Complain of uncomfortable feelings in legs	5	3
Have nighttime fears	8	5
<u>Co-Sleeping</u>		
Solitary sleeper	61%	69% ^B
Room sharer	37 ^C	28
Bed sharer	16 ^C	12
<u># of Times Child Woke During the Night and Needed Help or Attention</u>		
Did not wake	66%	74% ^B
One time	25	21
Two or more times	9 ^C	5

¹One or more sleep problems include the eight behaviors listed above

Profiles: Stress Caused in Marriage or Relationship

The following is a profile of the sleep habits of children who cause moderate to significant stress, little stress or no stress on their parents/caregivers marriage or relationship.

- Children whose sleep habits cause no stress in their parents/caregivers marriage or relationship tend to get more sleep at night compared to children whose sleep habits cause little or moderate to significant stress (9.6 vs. 9.3 and 8.8 hours).
- Those whose sleep habits cause no stress in their parents/caregivers marriage or relationship are more likely than children whose sleep habits cause little or moderate to significant stress to be in the upper 25th sleep percentile (29% vs. 20%, 17%). Conversely, children whose sleep habits cause moderate to significant stress are more likely than those who cause little or no stress to be in the lower 25th sleep percentile (47% vs. 30%, 24%).
- Children whose sleep habits cause moderate to significant stress or little stress are more likely than those who cause no stress to take naps every day (43% and 48% vs. 29%).
- Children whose sleep habits cause no stress in their parents/caregivers marriage or relationship are more likely than those whose sleep habits cause moderate to significant stress or little stress to experience no change in their sleep environment (83% vs. 57%, 65%).
- On average, children whose sleep habits cause no stress take less time to fall asleep than children whose sleep habits cause moderate to significant stress or little stress (15.6 vs. 20.1 and 19.6 minutes).
- Children whose sleep habits cause moderate to significant stress or little stress are more likely than those who cause no stress to be given medication to help them sleep (8% and 5% vs. 2%).
- Parents/Caregivers of children whose sleep habits cause moderate to significant stress are more likely than those who cause little stress or no stress to think their child has a sleep problem (33% vs. 21%, 5%).
- While the existence of any sleep problem is prevalent among children in each of the three levels of stress, parents/caregivers of children whose sleep habits cause no stress are less likely than children whose sleep habits cause little or moderate to significant stress to say that their child has any sleep problem at least a few days/nights a week (46% vs. 65%, 74%), including: resisting going to bed at bedtime (14% vs. 34%, 40%), difficulty falling asleep at bedtime (9% vs. 26%, 31%) and seeming sleepy or overtired during the day (16% vs. 25%, 40%).
- Parents/Caregivers of children whose sleep habits cause no stress in their marriage or relationship are less likely to report that their child shares a room (31% vs. 43% and 38%) or a bed (12% vs. 28% and 18%) compared to those whose sleep habits cause moderate to significant stress or little stress.
- Parents/Caregivers of children whose sleep habits cause no stress in their marriage or relationship are more likely to report their child did not wake up during the night and need help or attention compared to those whose sleep habits cause little stress or moderate to significant stress (78% vs. 49% and 37%).

Profiles: Stress Caused in Marriage or Relationship (continued)

Stress Child's Sleep Habits Cause in Marriage/Relationship			
	Stress Caused on Marriage		
	Significant/ moderate stress ^B	Little stress ^C	No stress ^D
n=	(84)	(334)	(1036)
<u>Hours Child Slept in 24 Hours</u>			
Mean (# of hours)	10.2	10.6	10.5
<u>Hours Child Slept at Night</u>			
Mean (# of hours)	8.8	9.3 ^B	9.6 ^{BC}
<u>Child's Sleep Percentile*</u>			
Lower 25%	47% ^{CD}	30% ^D	24%
Middle 50%	35	49 ^B	46 ^B
Upper 25%	17	20	29 ^{BC}
<u>Child's Naps</u>			
Every day or almost every day	43% ^D	48% ^D	29%
<u>Change in Sleep Environment</u>			
No change	57%	65%	83% ^{BC}
Some change	43 ^D	35 ^D	17
<u>Time It Took Child to Fall Asleep</u>			
Mean (# of minutes)	20.1 ^D	19.6 ^D	15.6
<u>Given Child Medication to Help Sleep</u>			
Yes	8% ^D	5% ^D	2%

*Child's sleep percentile is based on hours slept in a 24 hour period within each age range

Stress Child's Sleep Habits Cause in Marriage/Relationship			
	Stress Caused on Marriage		
	Significant/ moderate stress ^B	Little stress ^C	No stress ^D
n=	(84)	(334)	(1036)
<u>Think Child Has a Sleep Problem</u>			
Yes	33% ^{CD}	21% ^D	5%
<u>Child Has Sleep Problems at Least a Few Days/Nights a Week</u>			
One or more sleep problems ¹	74% ^D	65% ^D	46%
Resist going to bed at bedtime	40 ^D	34 ^D	14
Have trouble breathing while sleeping	9	13 ^D	8
Snore	14	17	15
Have difficulty falling asleep at bedtime	31 ^D	26 ^D	9
Wake too early in the morning	17	17 ^D	9
Seem sleepy/overtired during the day	40 ^{CD}	25 ^D	16
Complain of uncomfortable feelings in legs	13	6	4
Have nighttime fears	27 ^{CD}	9	6
<u>Co-Sleeping</u>			
Solitary sleeper	56%	58%	67% ^C
Room sharer	43 ^D	38 ^D	31
Bed sharer	28 ^D	18 ^D	12
<u># of Times Child Woke During the Night and Needed Help or Attention</u>			
Did not wake	37%	49% ^B	78% ^{BC}
One time	39 ^D	38 ^D	18
Two or more times	24 ^{CD}	13 ^D	5

¹One or more sleep problems include the eight behaviors listed above

Appendix