

# SUMMARY OF FINDINGS



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## Objectives

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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 behaviors;
- 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  $\pm 2.6$  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)	$\pm 2.6$	$\pm 2.5$	$\pm 2.3$	$\pm 2.0$	$\pm 1.5$
Infants (n = 210)	$\pm 6.8$	$\pm 6.6$	$\pm 6.2$	$\pm 5.4$	$\pm 4.1$
Toddlers (n = 239)	$\pm 6.3$	$\pm 6.2$	$\pm 5.8$	$\pm 5.1$	$\pm 3.8$
Preschoolers (n = 387)	$\pm 5.0$	$\pm 4.9$	$\pm 4.6$	$\pm 4.0$	$\pm 3.0$
School-aged (n = 637)	$\pm 3.9$	$\pm 3.8$	$\pm 3.6$	$\pm 3.1$	$\pm 2.3$

*\*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%  $\pm$  2.0 percentage points).*

## Methodology (cont'd)

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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 - 1<sup>st</sup> through 5<sup>th</sup> grade.
  - > Younger school-aged children - 1<sup>st</sup> through 3<sup>rd</sup> grade
  - > Older school-aged children - 4<sup>th</sup> or 5<sup>th</sup> 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 (<sup>ABCDEF</sup>G) 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 top, 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

# **Children's Sleep Behavior**

## Sleep Behavior: Bed Time

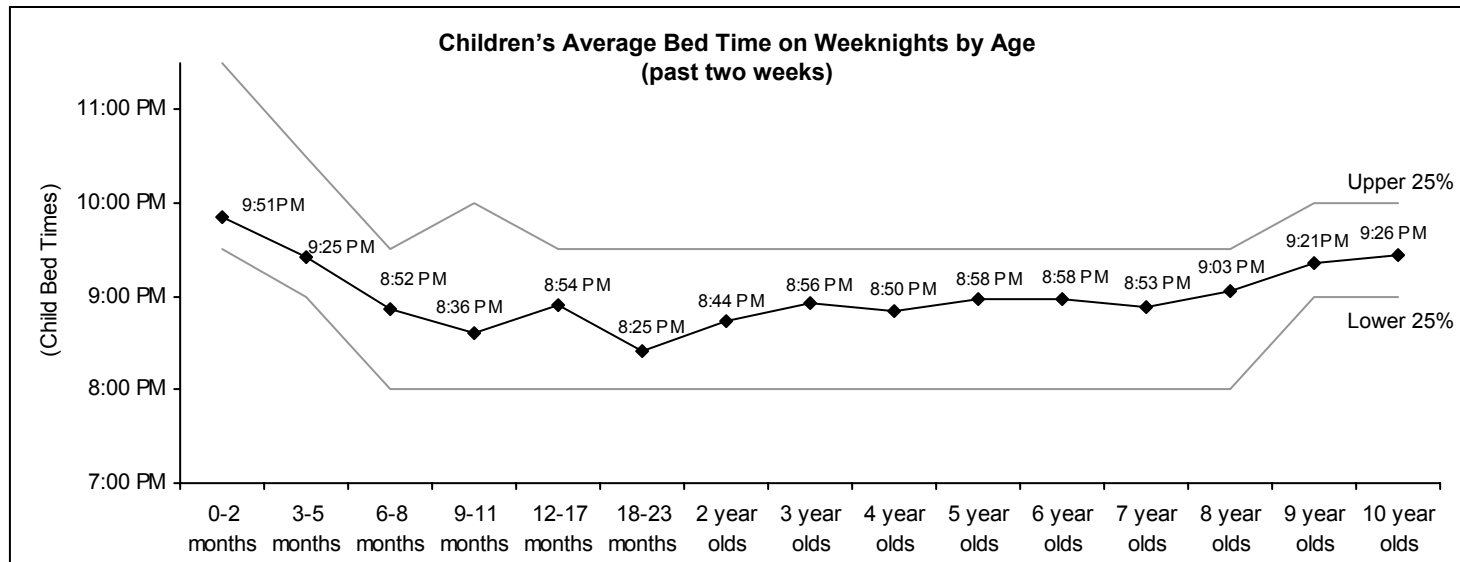
In the 2004 *Sleep in America* poll, parents/caregivers report that the usual time their child went to sleep at night in the past two weeks was between about 8:45 p.m. and 9:15 p.m., though school-aged children and infants tend to go to bed later than toddlers and preschoolers (9:07 p.m. and 9:11 p.m.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

**Children's Usual Bed Time on Weeknights  
(past two weeks)**

	<u>Infants<sup>B</sup></u>	<u>Toddlers<sup>C</sup></u>	<u>Preschoolers<sup>D</sup></u>	<u>School-aged<sup>E</sup></u>
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 <sup>E</sup>	10 <sup>DE</sup>	5 <sup>E</sup>	1
8:00 p.m. – 8:59 p.m.	25	41 <sup>B</sup>	41 <sup>BE</sup>	34 <sup>B</sup>
9:00 p.m. – 9:59 p.m.	31	33	38	53 <sup>BCD</sup>
10:00 p.m. – 10:59 p.m.	19 <sup>CDE</sup>	11	10	9
11:00 p.m. – 12:00 a.m. (Midnight)	13 <sup>CDE</sup>	3	4	2
12:01 a.m. – 11:59 a.m.	1	2	1	<1
Mean	9:11 p.m. <sup>C</sup>	8:42 p.m.	8:55 p.m.	9:07 p.m. <sup>CD</sup>
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).

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

Base = Those answering Q.5



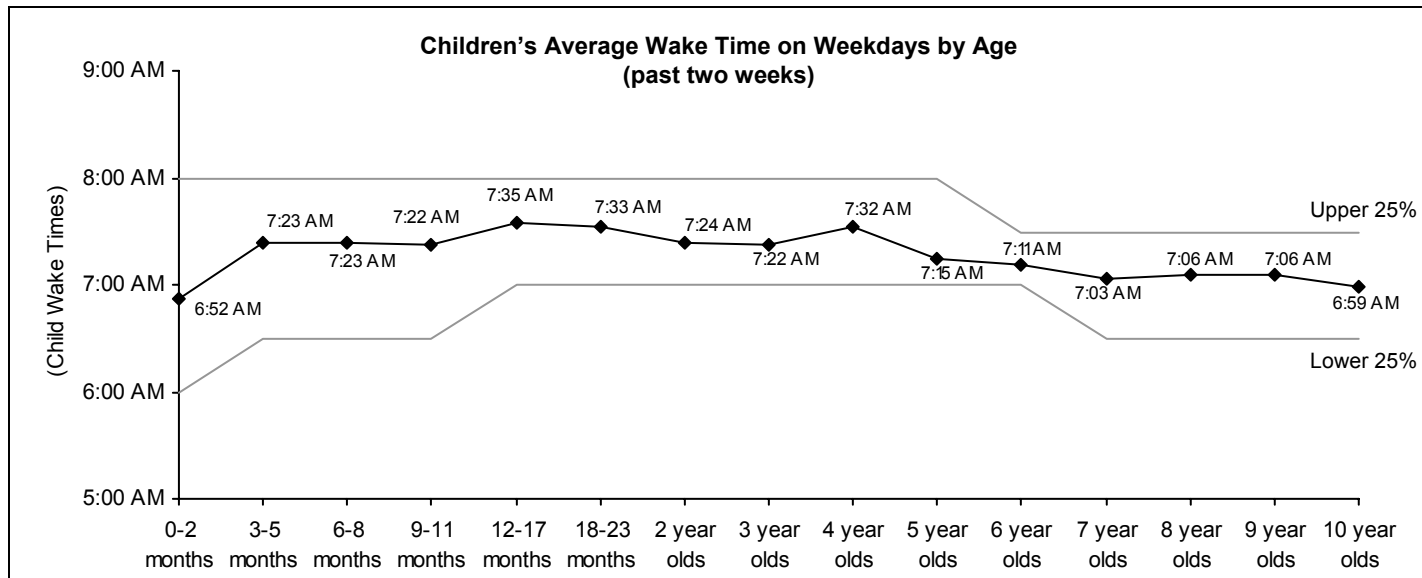
## Sleep Behavior: Wake Time

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 <sup>B</sup>	Toddlers <sup>C</sup>	Preschoolers <sup>D</sup>	School-aged <sup>E</sup>
n=	(209)	(239)	(386)	(637)
12:00 a.m. (Midnight) – 4:59 a.m.	3% <sup>CD</sup>	<1%	<1%	-%
5:00 a.m. – 5:59 a.m.	9 <sup>CDE</sup>	3	3	2
6:00 a.m. – 6:59 a.m.	27	22	30 <sup>C</sup>	38 <sup>BCD</sup>
7:00 a.m. – 7:59 a.m.	35	47 <sup>B</sup>	48 <sup>B</sup>	55 <sup>BCD</sup>
8:00 a.m. – 8:59 a.m.	14 <sup>E</sup>	23 <sup>BDE</sup>	13 <sup>E</sup>	4
9:00 a.m. – 9:59 a.m.	8 <sup>DE</sup>	5 <sup>E</sup>	4 <sup>E</sup>	<1
10:00 a.m. or later	3 <sup>CE</sup>	<1	2 <sup>E</sup>	<1
Mean	7:14 a.m. <sup>E</sup>	7:29 a.m. <sup>BE</sup>	7:23 a.m. <sup>E</sup>	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

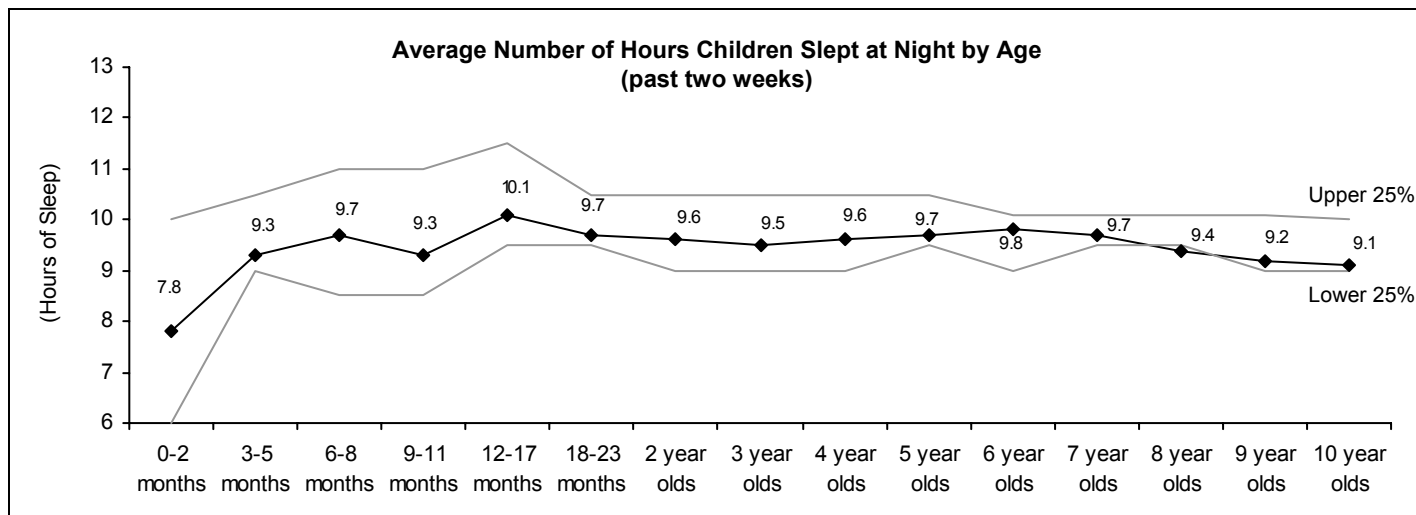
When asked how many hours their child sleeps at night between 6:00 p.m. and 8:00 a.m., parents/caregivers report their child sleeps an average of between nine and ten hours (9.0-9.8 hours).

- 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 Night Between 6:00 p.m. and 8:00 a.m. (past two weeks)

	<u>Infants</u> <sup>B</sup>	<u>Toddlers</u> <sup>C</sup>	<u>Preschoolers</u> <sup>D</sup>	<u>School-aged</u> <sup>E</sup>
n=	(207)	(238)	(385)	(632)
Less than 8 hours	19% <sup>CDE</sup>	7%	5%	4%
8 to 8.9 hours	18 <sup>C</sup>	11	13	13
9 to 9.9 hours	15	18	25 <sup>BC</sup>	37 <sup>BCD</sup>
10 to 10.9 hours	28	39 <sup>B</sup>	40 <sup>B</sup>	38 <sup>B</sup>
11 to 11.9 hours	10	16 <sup>BE</sup>	14 <sup>E</sup>	6
12 hours or more	10 <sup>DE</sup>	9 <sup>DE</sup>	3	1
Mean (# of hours)	9.0	9.8 <sup>BE</sup>	9.6 <sup>B</sup>	9.4 <sup>B</sup>
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).

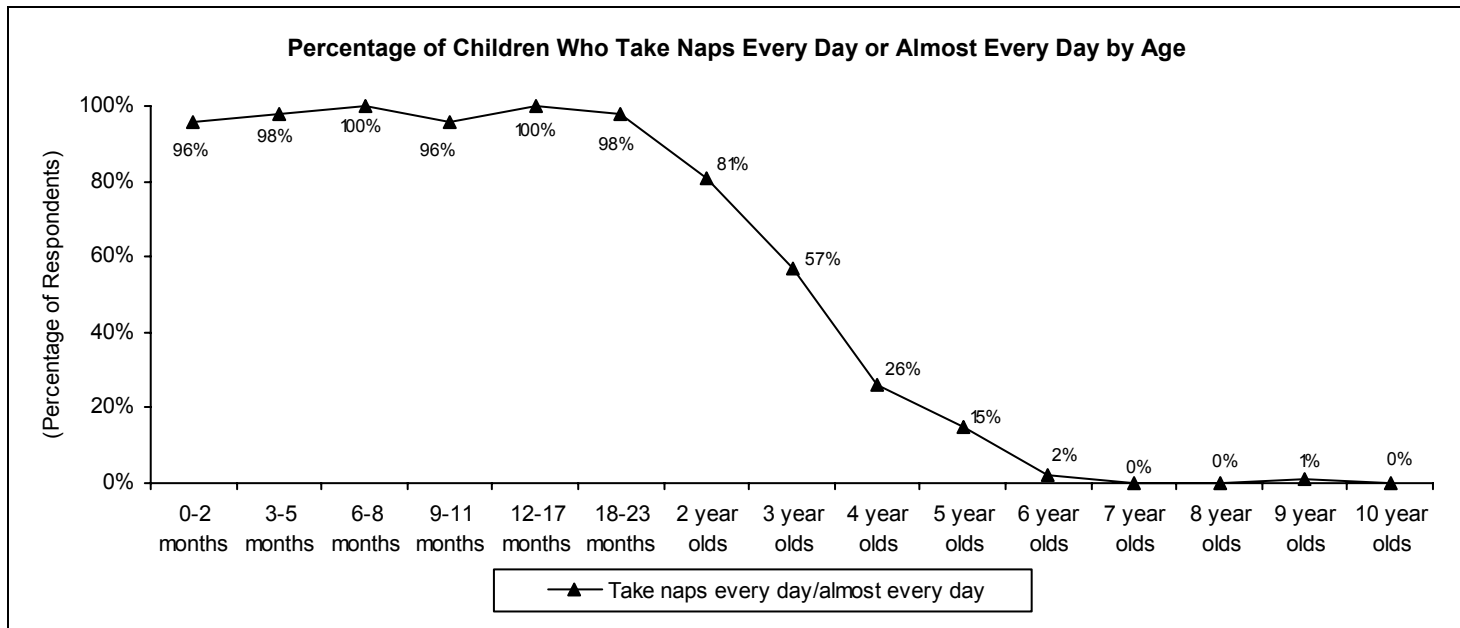
	Infants <sup>B</sup>	Toddlers <sup>C</sup>	Preschoolers <sup>D</sup>	School-aged <sup>E</sup>
	n= (204)	(237)	(378)	(635)
None	1%	3% <sup>B</sup>	48% <sup>BC</sup>	94% <sup>BCD</sup>
Less than 1 hour*	<1	1	5 <sup>BCE</sup>	1
1 to 1.9 hours	7 <sup>E</sup>	30 <sup>BE</sup>	24 <sup>BE</sup>	2
2 to 2.9 hours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

Base = Those answering

<sup>1</sup>Base = Those who took naps and answering

\*Excludes None

Q.7



Base = Those answering  
Q.12

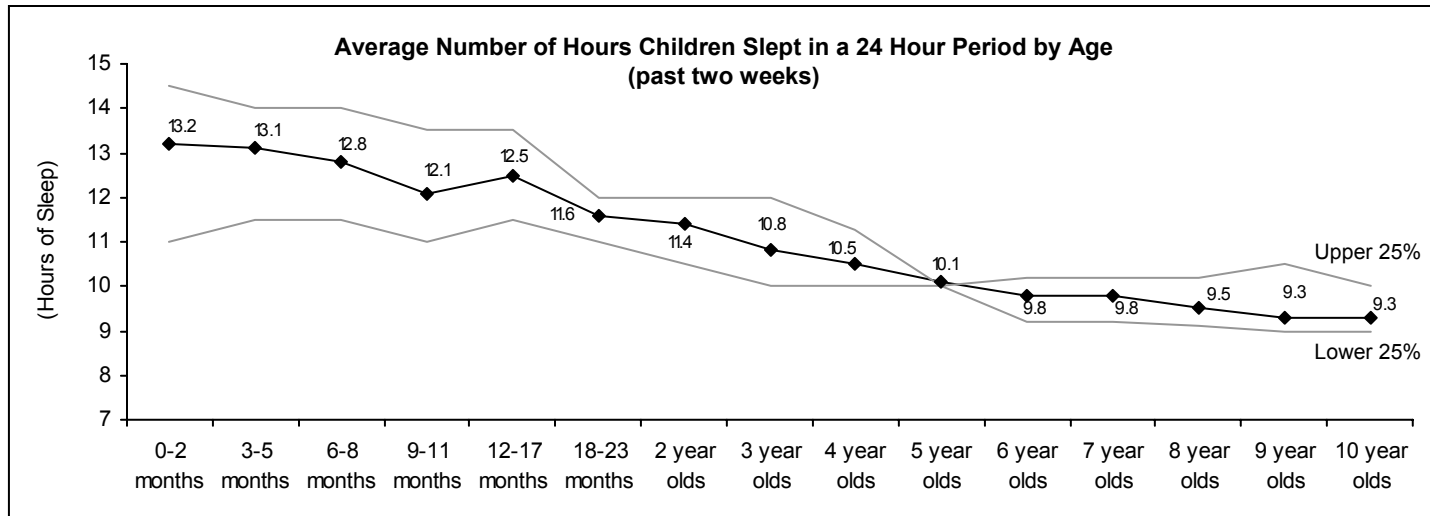
## Sleep Behavior: Hours Slept in 24 Hours

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).

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

Base = Those answering Q.6/7



Base = Those answering

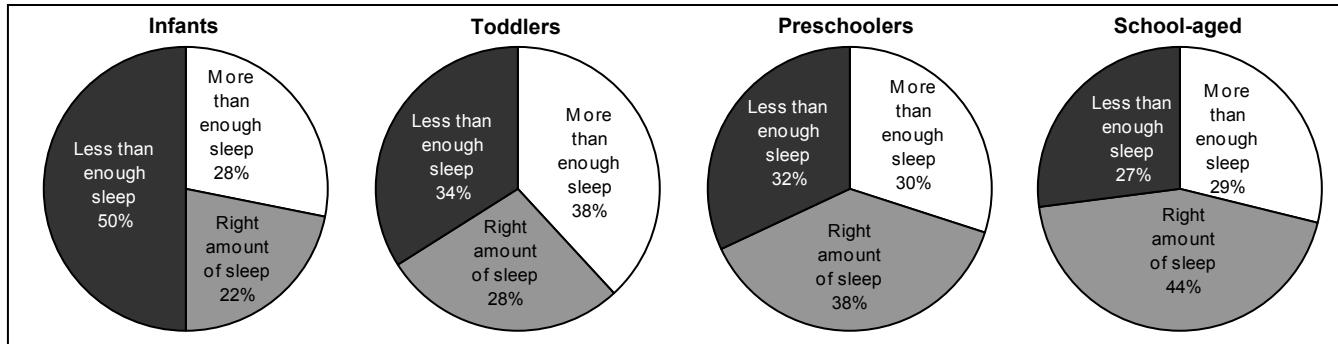
Note: Approximately 50% of the population in each age group falls between the two solid gray lines Q6/7

## 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.

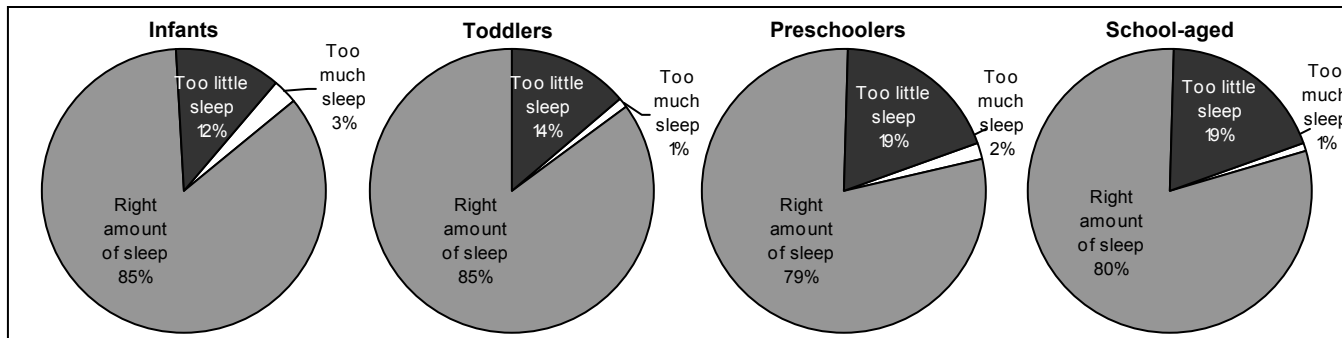
**Number of Hours Children Slept in a 24 Hour Period vs. Amount of Sleep Children Need per Day According to Parent/Caregiver**



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**



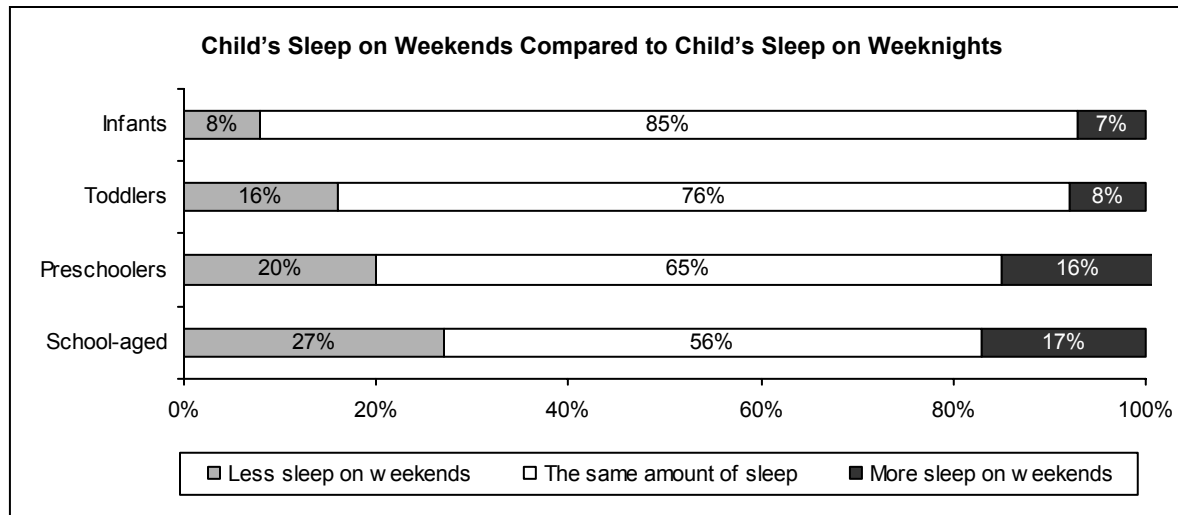
Base = Those answering (Infants n=210; Toddlers n=238; Preschoolers n=384; School-aged n=637) Q.9

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

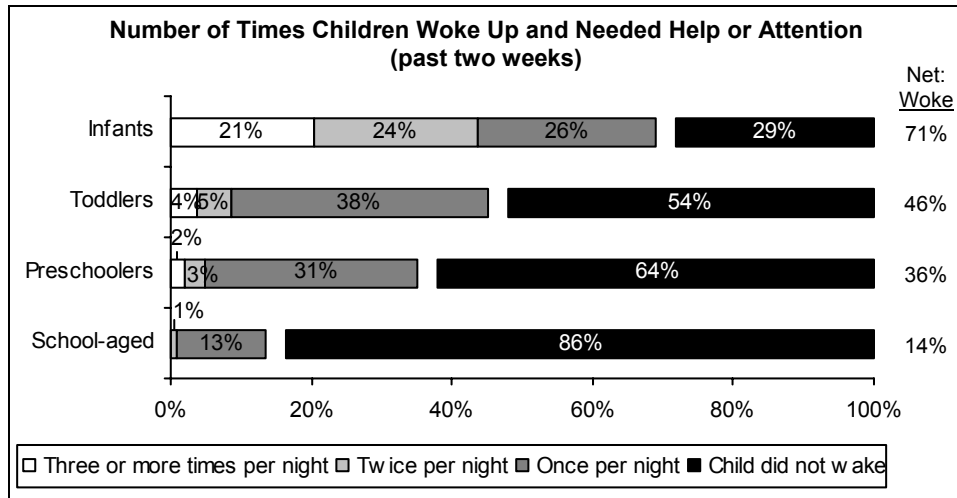
A sizable proportion of children across all four age groups wake and need help or attention during a typical night, according to parents/caregivers. Three in ten of all parents/caregivers surveyed said their child wakes one (23%) or two or more (7%) nights needing help or attention.

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

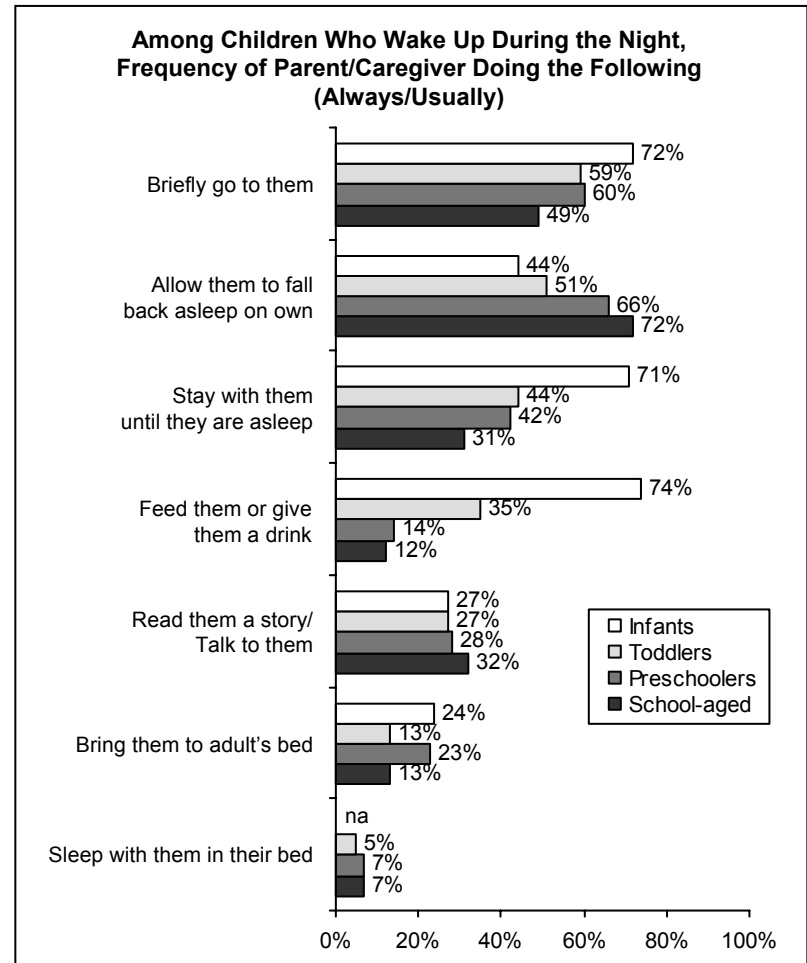
Base = Children who woke and needed attention during a typical night and answering Q.20a

## 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).



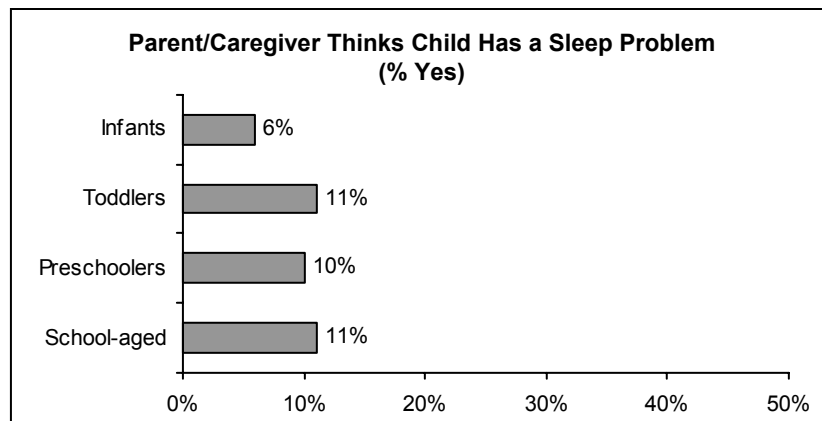
Base = Children who wake and need attention during a typical night and able to rate (Infants n=146-147; Toddlers n=108-110; Preschoolers n=136-137; School-aged n=82-84)  
na = Not applicable  
Q.20B a-g



## 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.

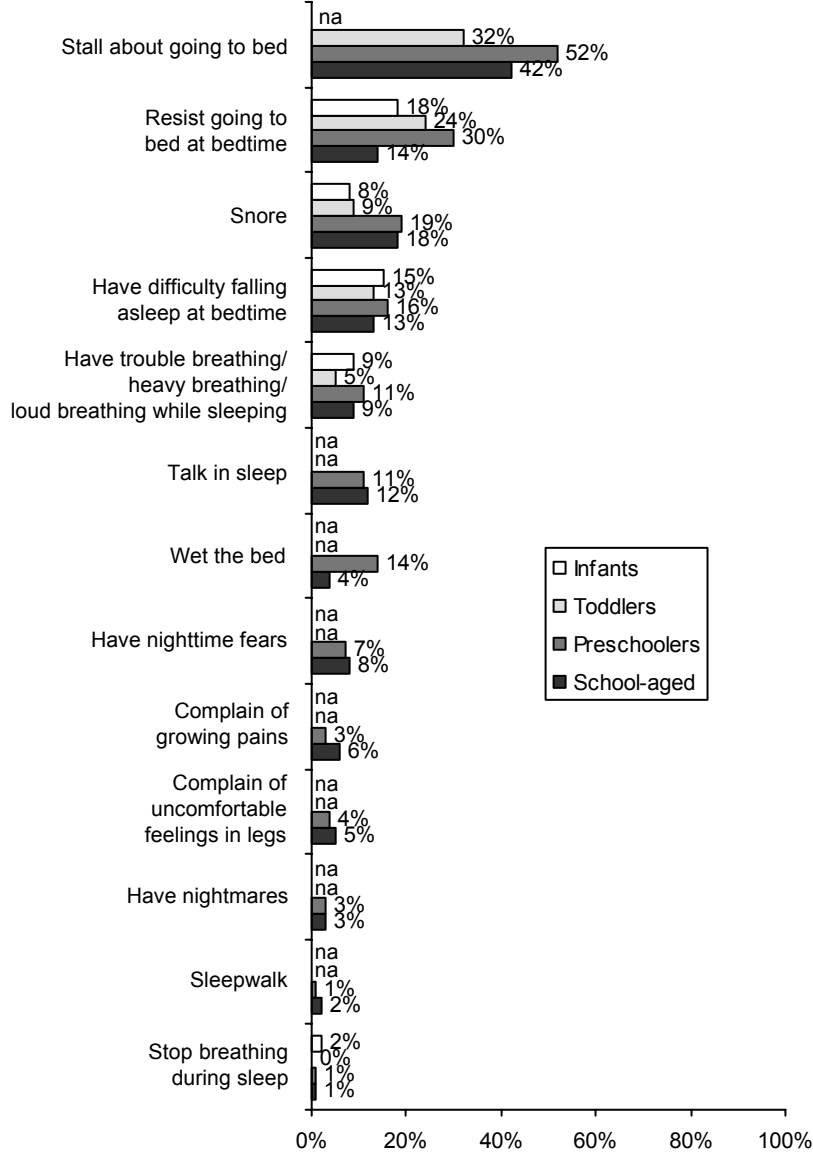
- Parents/Caregivers of children who sleep the least are twice as likely to say they think their child has a sleep problem (16% of the lower 25th sleep percentile vs. 8% of both the middle 50th and upper 25th percentiles).
- Parents/Caregivers who say it takes their child a longer amount of time to fall 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

**Sleep Behaviors Children Experience  
(At Least a Few Nights a Week)**

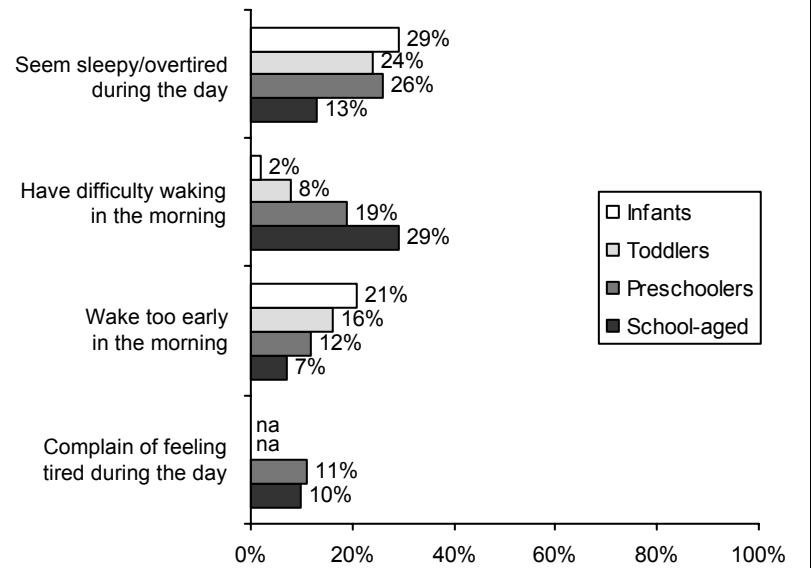


Base = Those able to rate Q.22  
na = Not asked

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 (24%) 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.

**Daytime Behaviors Children Experience  
(At Least a Few Days a Week)**

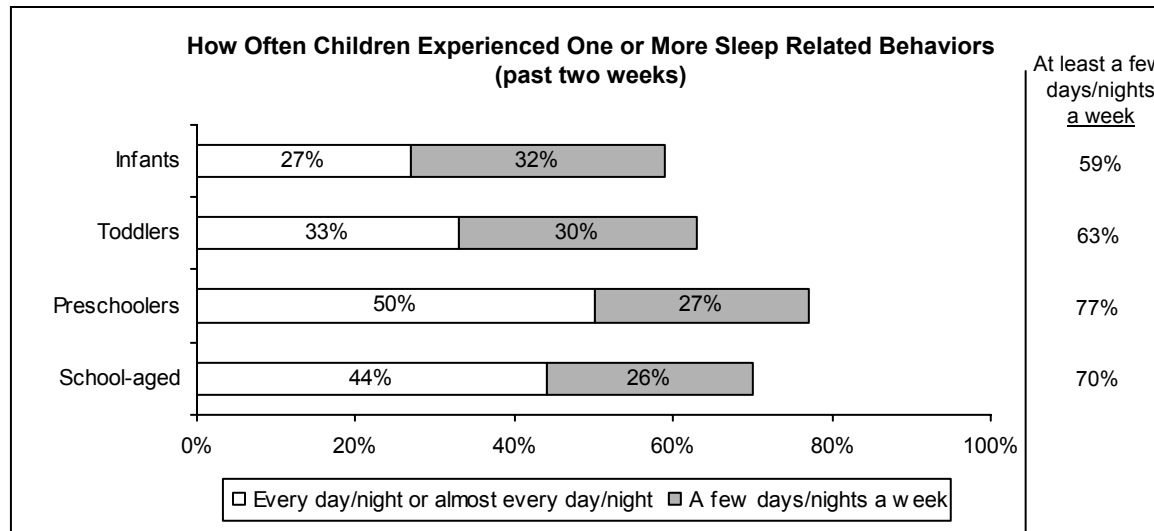


Base = Those able to rate  
na = Not asked

## 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

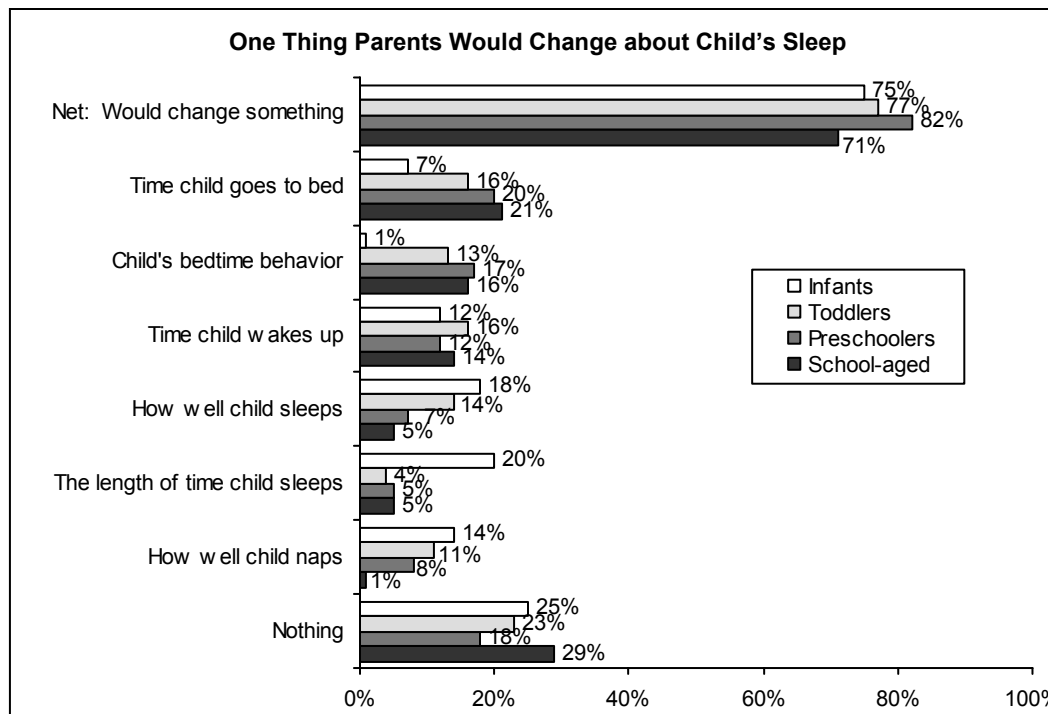
This chart represents children who experienced at least one sleep problem at least a few days/nights a week.

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).

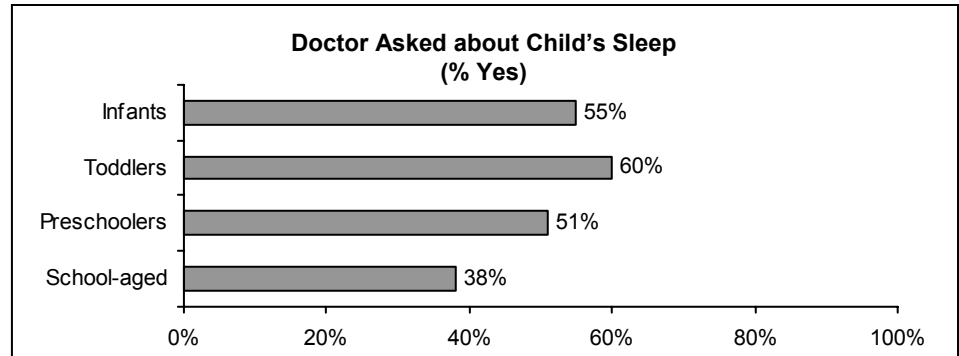


Base = Those answering (Infants n=210; Toddlers n=239; Preschoolers n=386; School-aged n=636)  
 Top Mentions  
 Q.23

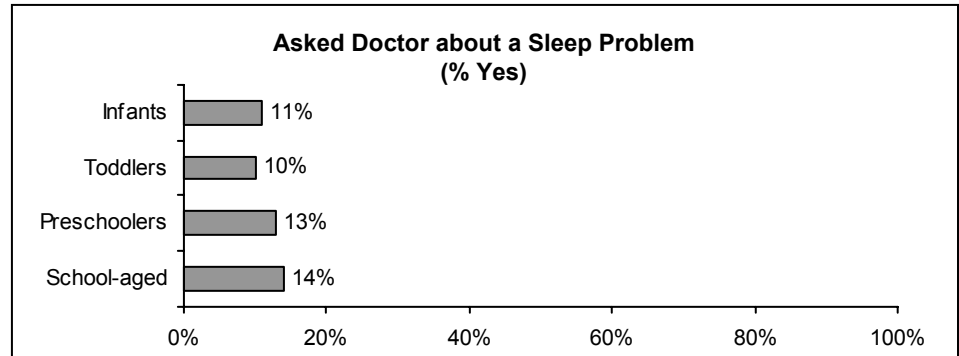
## Sleep Behavior: Doctor and Child's Sleep

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

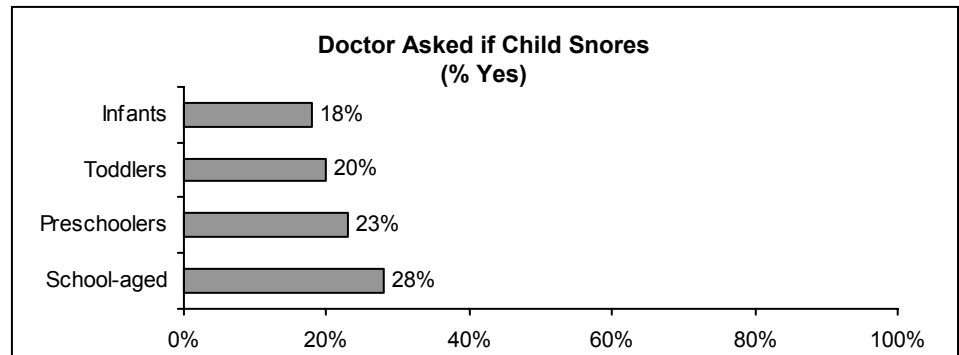
- Almost one-half of all parents/caregivers surveyed (47%) say their child's doctor asked about their child's sleep. Only 13% said the doctor asked about any sleep problems their child may have and 24% said the doctor asked if their child snores.
- Parents/Caregivers of younger children are more likely 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



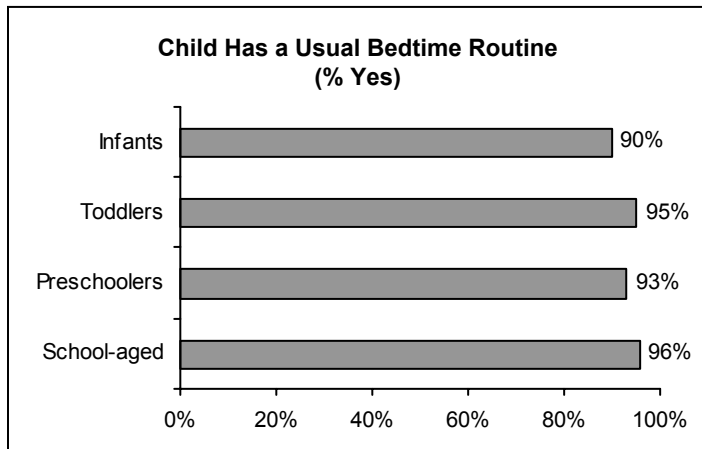
Base = Those answering (Infants n=197; Toddlers n=219; Preschoolers n=355; School-aged n=611)  
Q.57

## **Bedtime Routine**

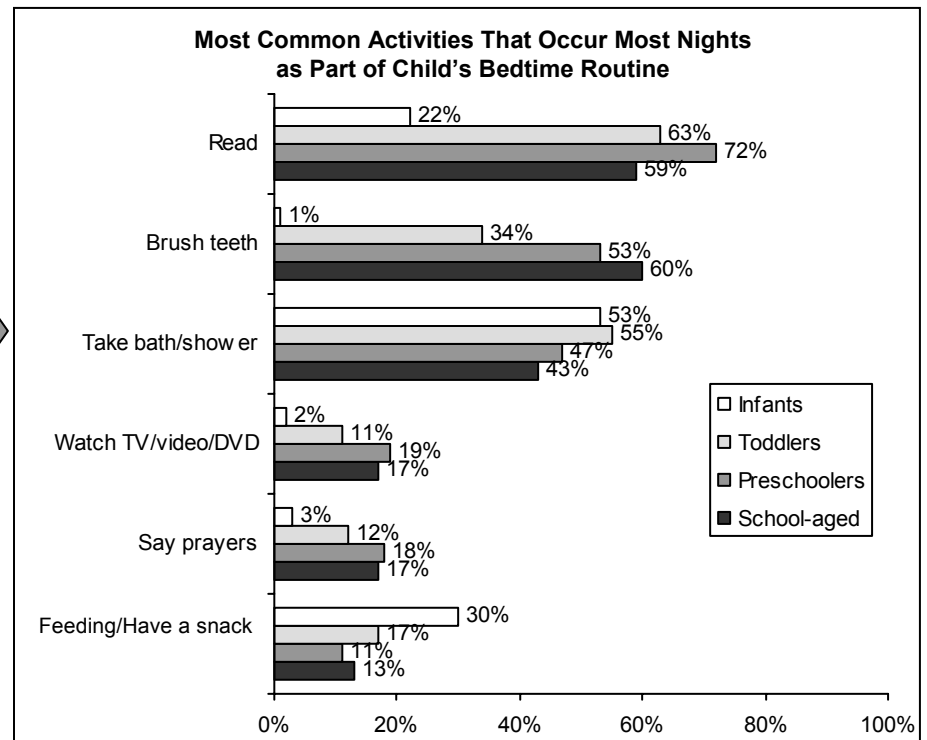
## Bedtime Routine: Common Activities at Bedtime

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

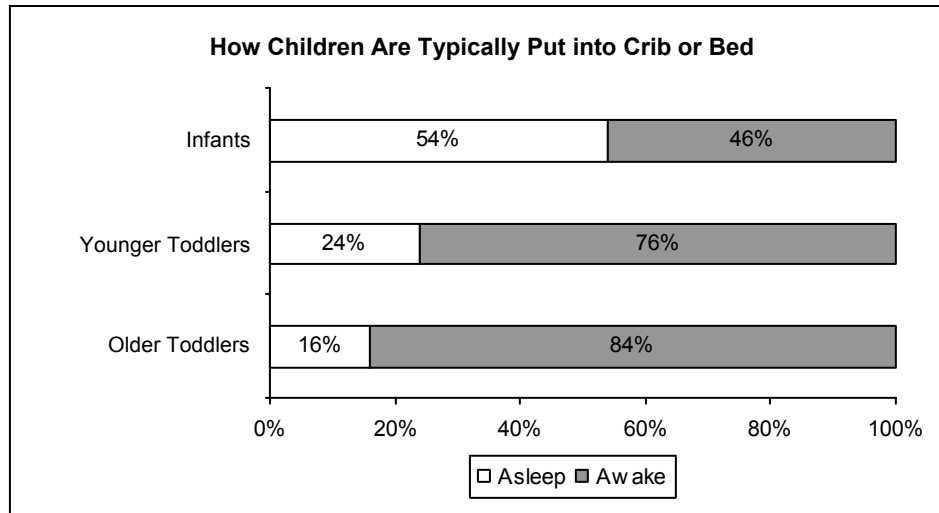


Base = Children who have a usual bedtime routine and answering  
(Infants n=187; Toddlers n=225; Preschoolers n=359; School-aged n=609)  
Up to Three Responses Accepted, Top Mentions  
Q.11a

## 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.



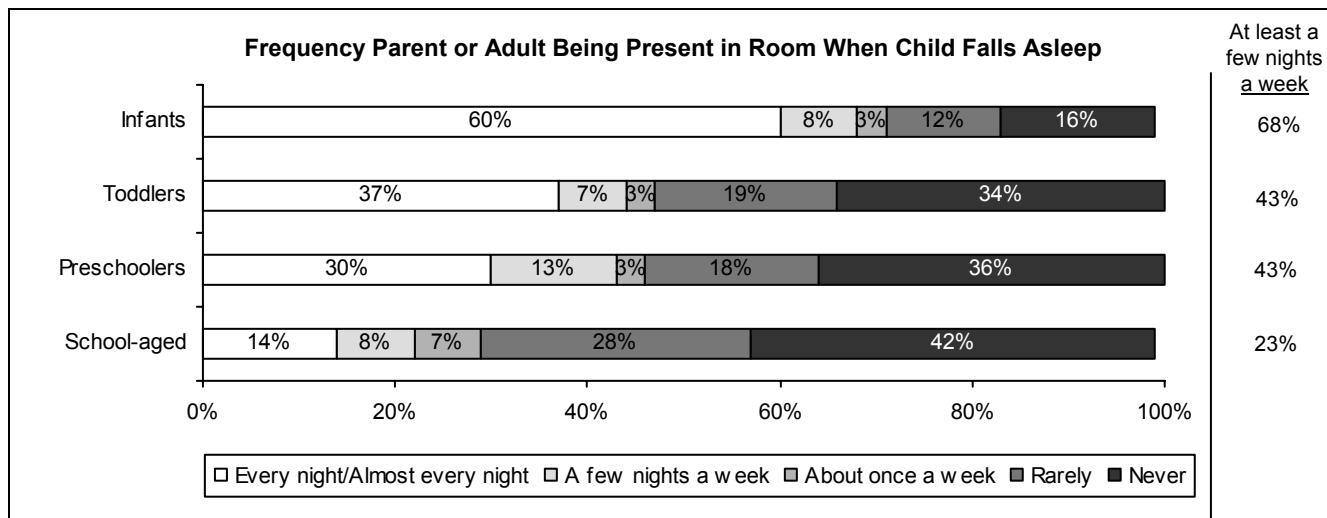
Base = Children less than 3 years old and answering (Infants n=202; Younger Toddlers n=121; Older Toddlers n=116)  
Q.27



## 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%).



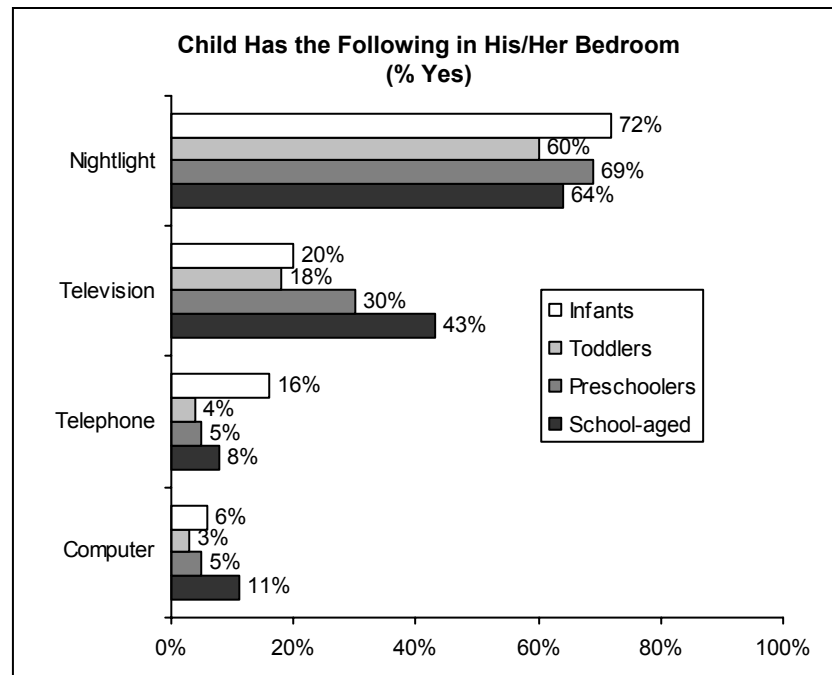
Base = Those able to rate (Infants n=210; Toddlers n=238; Preschoolers n=385; School-aged n=636)  
Q.17

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

Base = Those answering Q.24-24b

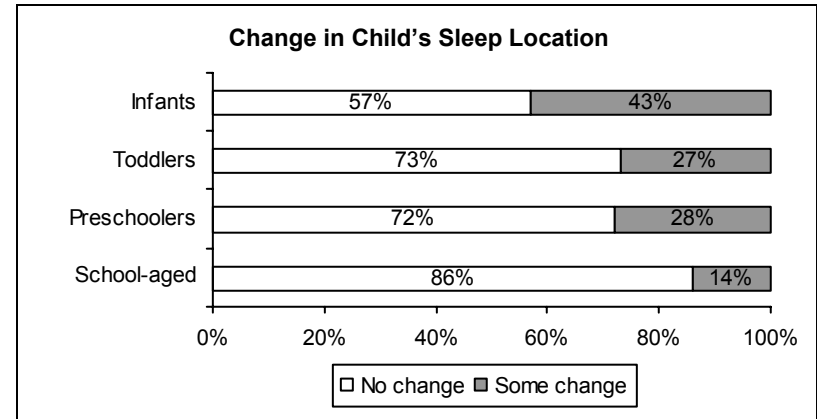
## Sleep Environment: Sleep Location and Sleeping Arrangement (continued)

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.

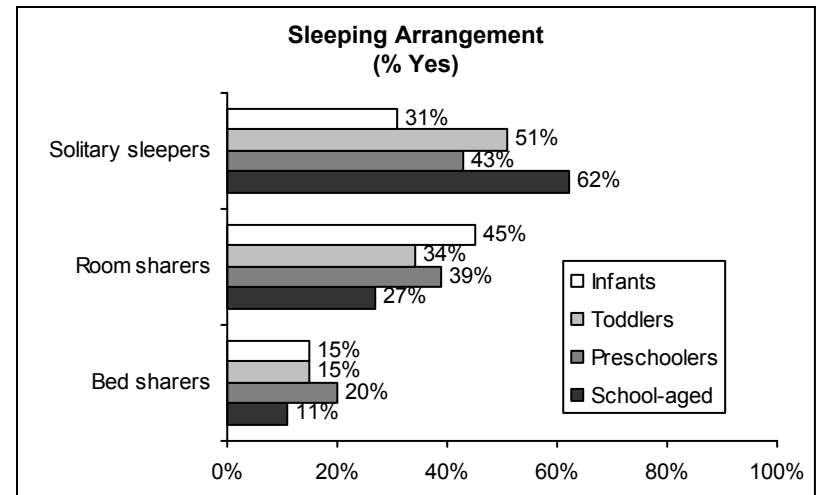
- The vast majority of school-aged children do not change their sleep location during the night (86%). However, 14% do change where they sleep.
- More than one-fourth of toddlers (27%) and preschoolers (28%) change their sleep locations.
- Infants are the most likely to experience some kind of change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

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: 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



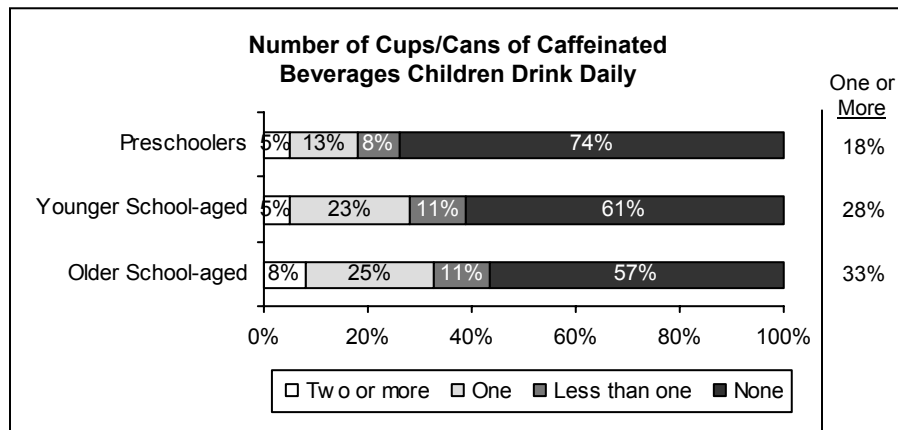
Base = Those answering (Infants n=210; Toddlers n=239; Preschoolers n=387; School-aged n=637)  
 Note: Solitary sleepers are children who sleep by themselves in their own bedroom, room sharers are children who share a room with someone else or sleep most of the night somewhere other than their own room,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

## **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 <sup>B</sup>	Toddlers <sup>C</sup>	Preschoolers <sup>D</sup>	School-aged <sup>E</sup>
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 <sup>B</sup>	33 <sup>B</sup>	36 <sup>B</sup>
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 <sup>B</sup>	Toddlers <sup>C</sup>	Preschoolers <sup>D</sup>	School-aged <sup>E</sup>
n=	(1458)	(227)	(407)	(695)	(887)
Less than 6 hours	2%	2%	1%	1%	3% <sup>CD</sup>
6 to 6.9 hours	6	9	5	5	6
7 to 7.9 hours	15	11	13	16 <sup>B</sup>	17 <sup>B</sup>
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 <sup>E</sup>	8.0 <sup>E</sup>	7.9
Median (# of hours)	8.0	8.0	8.0	8.0	8.0

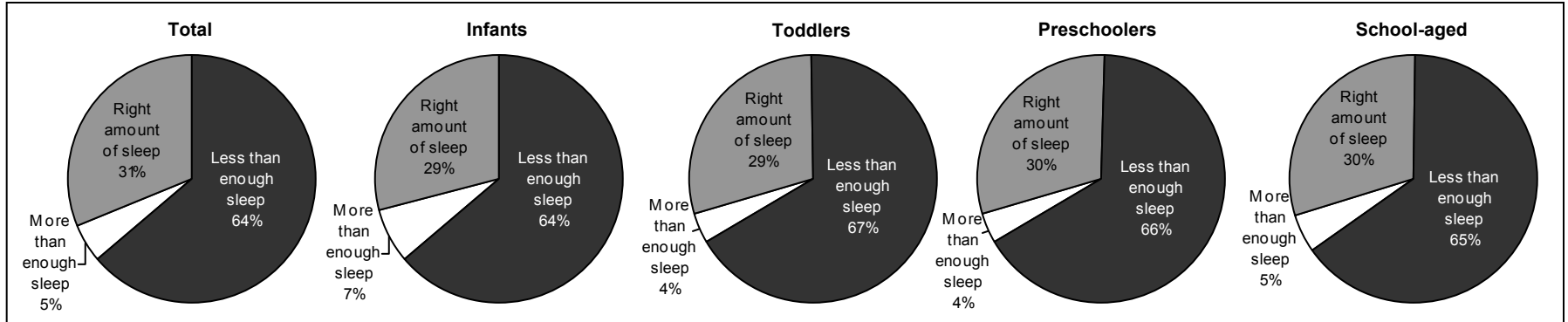
Base = Those answering Q.62

## 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**

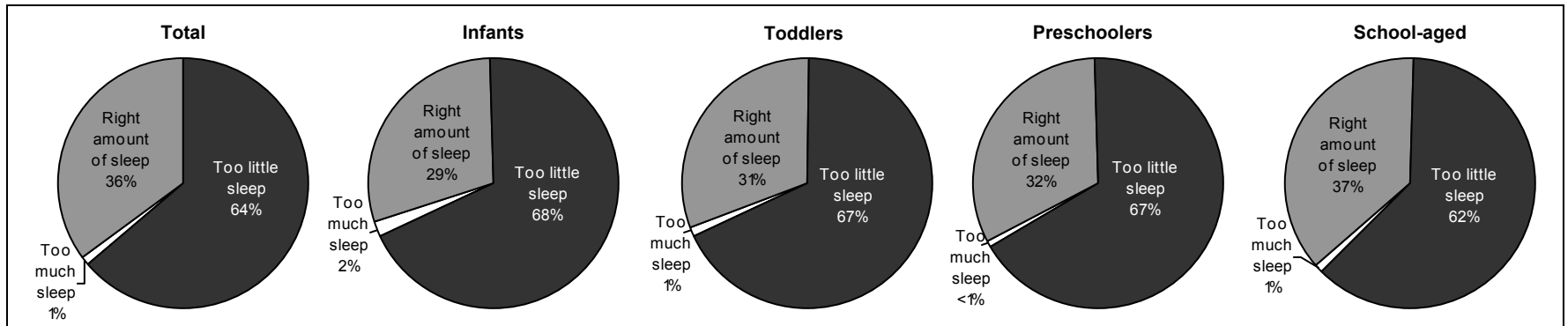


Base = Those answering (Total n=1457; Infants n=226; Toddlers n=406; Preschoolers n=696; School-aged n=888) Q.60/62

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**

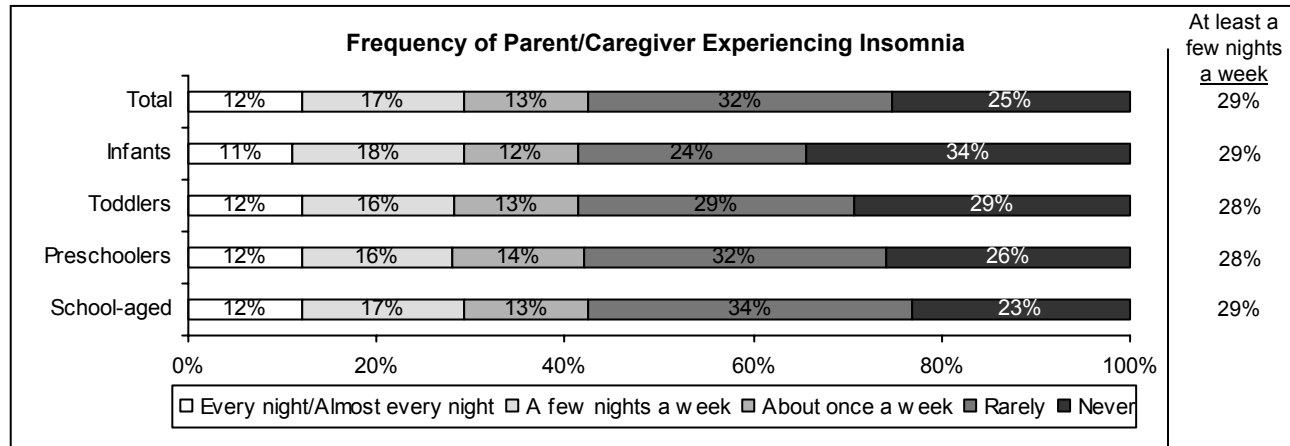


Base = Those answering (Total n=1469; Infants n=227; Toddlers n=407; Preschoolers n=701; School-aged n=895) Q.63

## Parent's/Caregiver's Sleep Behavior: Insomnia

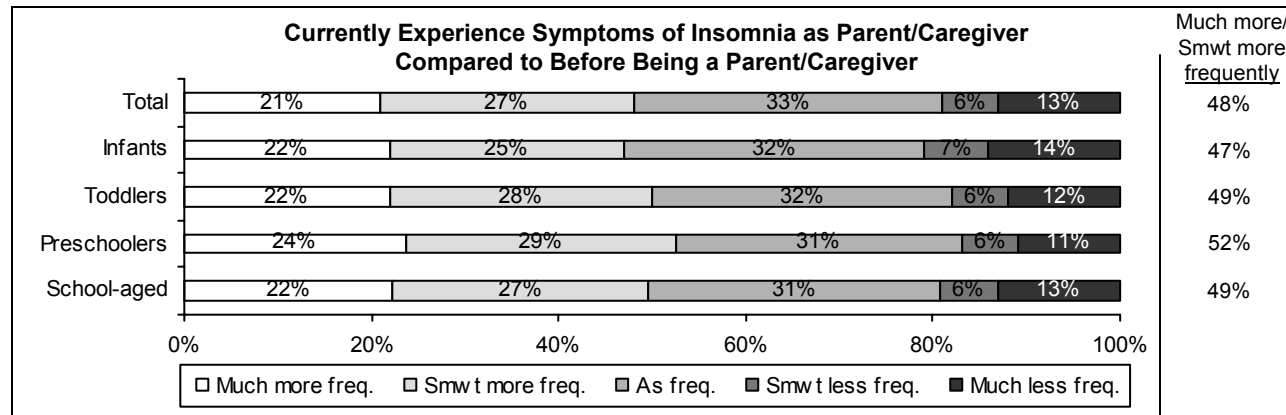
Parents/Caregivers were asked their frequency of experiencing insomnia. Insomnia is defined as any of the following symptoms: trouble falling asleep, trouble staying asleep, waking too early, or being unable to get back to sleep.

- 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 or almost every night.



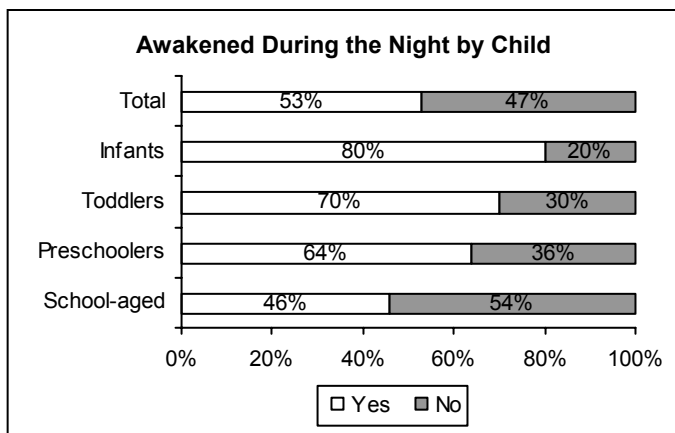
Base = Those able to rate (Total n=1470; Infants n=227; Toddlers n=407; Preschoolers n=701; School-aged n=895)  
 Insomnia is defined as trouble falling asleep, trouble staying asleep, waking too early or being unable to get back to sleep  
 Q.69

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).

### Number of Nights Child Awakens Parents/Caregivers (per week)

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

Base = Those answering Q.65

### Sleep Lost on an Average Night Due to Child Awakening Parents/Caregivers

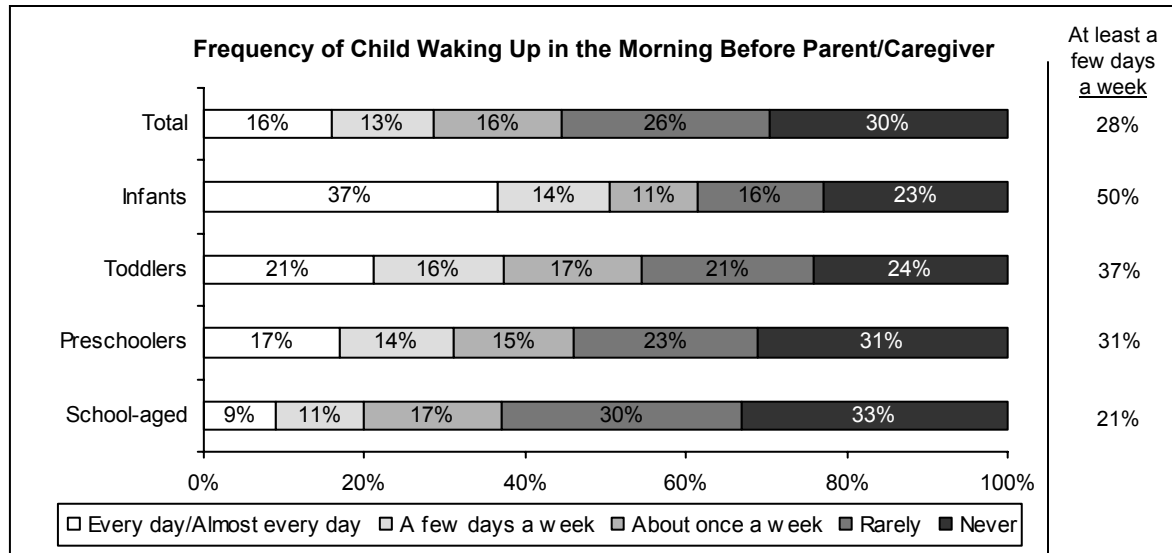
	Total	Infants <sup>B</sup>	Toddlers <sup>C</sup>	Preschoolers <sup>D</sup>	School-aged <sup>E</sup>
n=	(807)	(182)	(289)	(457)	(423)
None	8%	3%	7%	7% <sup>B</sup>	10% <sup>B</sup>
1 to 30 minutes	59	36	58 <sup>B</sup>	60 <sup>B</sup>	62 <sup>B</sup>
31 to 59 minutes	16	23 <sup>DE</sup>	18	16	16
1 to 2 hours	14	30 <sup>CDE</sup>	15 <sup>E</sup>	14 <sup>E</sup>	9
More than 2 hours	3	8 <sup>CDE</sup>	3	3	3
Mean (# of minutes)	33.1	54.9 <sup>CDE</sup>	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.

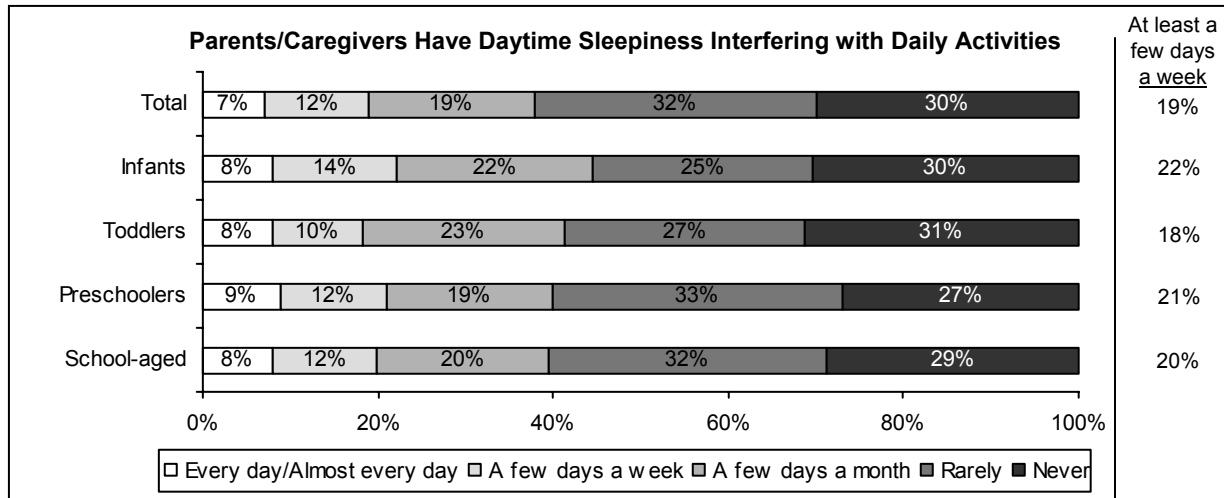


Base = Those able to rate (Total n=1468; Infants n=227; Toddlers n=405; Preschoolers n=701; School-aged n=894)  
Q.68

## 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).



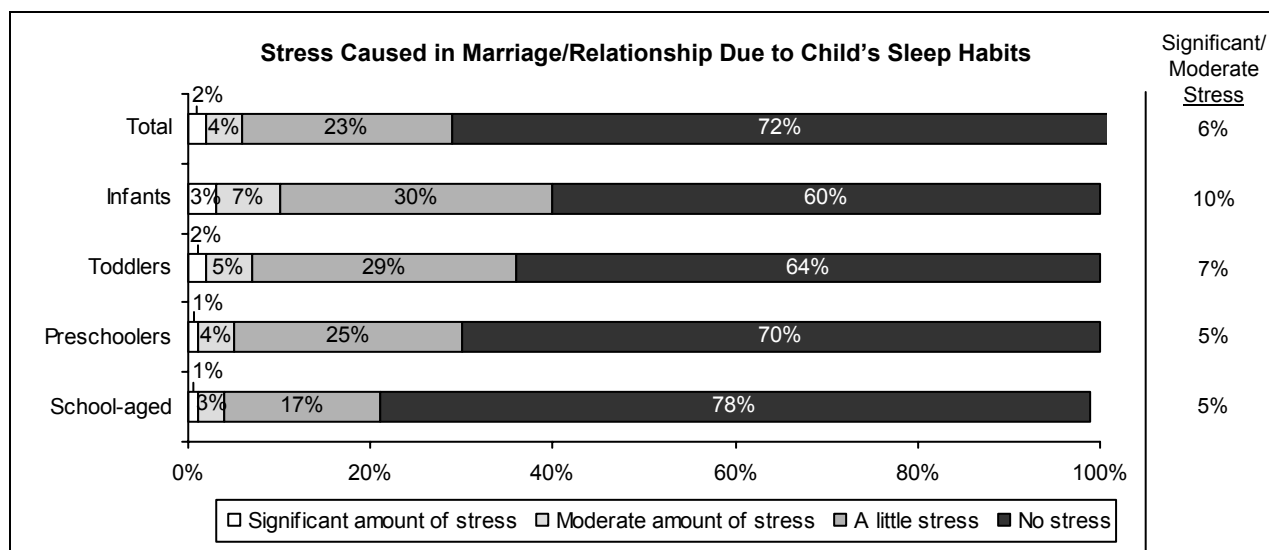
Base = Those able to rate (Total n=1468; Infants n=227; Toddlers n=407; Preschoolers n=700; School-aged n=894)

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

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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

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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 <sup>1</sup>			
	Child's Sleep Percentile <sup>1</sup>		
	Lower 25% <sup>B</sup>	Middle 50% <sup>C</sup>	Upper 25% <sup>D</sup>
n=	(390)	(679)	(376)
<u>Hours Child Slept in 24 Hours</u>			
Mean (# of hours)	8.8	10.5 <sup>B</sup>	12.1 <sup>BC</sup>
<u>Hours Child Slept at Night</u>			
Mean (# of hours)	8.1	9.7 <sup>B</sup>	10.6 <sup>BC</sup>
<u>Child's Naps</u>			
Every day or almost every day	30%	33%	41% <sup>BC</sup>
<u>Change in Sleep Location</u>			
No change	67%	80% <sup>B</sup>	84% <sup>B</sup>
Some change	33 <sup>CD</sup>	20	16
<u>Time It Took Child to Fall Asleep</u>			
Mean (# of minutes)	21.2 <sup>CD</sup>	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 <sup>C</sup>	15	19
Preschoolers	24	30 <sup>B</sup>	27
School-aged	45	45	47

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

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

<sup>2</sup>One or more sleep problems include the eight behaviors listed above

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

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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 <sup>B</sup>	Right amount <sup>C</sup>	More than enough <sup>D</sup>
n=	(465)	(524)	(436)
<u>Hours Child Slept in 24 Hours</u>			
Mean (# of hours)	9.9	10.3 <sup>B</sup>	11.2 <sup>BC</sup>
<u>Hours Child Slept at Night</u>			
Mean (# of hours)	8.8	9.7 <sup>B</sup>	9.9 <sup>BC</sup>
<u>Child's Sleep Percentile*</u>			
Lower 25%	45% <sup>CD</sup>	22% <sup>D</sup>	14%
Middle 50%	42	55 <sup>BD</sup>	42
Upper 25%	13	22 <sup>B</sup>	45 <sup>BC</sup>
<u>Child's Naps</u>			
Every day or almost every day	39% <sup>C</sup>	26%	38% <sup>C</sup>
<u>Change in Sleep Location</u>			
No change	72%	82% <sup>BD</sup>	77%
Some change	28 <sup>C</sup>	18	23 <sup>C</sup>
<u>Time It Took Child to Fall Asleep</u>			
Mean (# of minutes)	18.5 <sup>CD</sup>	15.8	15.9
<u>Given Child Medication to Help Sleep</u>			
Yes	3%	4%	2%
<u>Age Category</u>			
Infants	14% <sup>CD</sup>	5%	8%
Toddlers	19 <sup>C</sup>	14	22 <sup>C</sup>
Preschoolers	28	28	27
School-aged	39	53 <sup>BD</sup>	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 <sup>B</sup>	Right amount <sup>C</sup>	More than enough <sup>D</sup>
n=	(465)	(524)	(436)
<u>Think Child Has a Sleep Problem</u>			
Yes	16% <sup>CD</sup>	8%	7%
<u>Child Has Sleep Problems at Least a Few Days/Nights a Week</u>			
One or more sleep problems <sup>1</sup>	66% <sup>CD</sup>	47%	46%
Resist going to bed at bedtime	29 <sup>CD</sup>	18	17
Have trouble breathing while sleeping	11 <sup>D</sup>	10	6
Snore	15	17	15
Have difficulty falling asleep at bedtime	22 <sup>CD</sup>	11	11
Wake too early in the morning	16 <sup>CD</sup>	8	11
Seem sleepy/overtired during the day	32 <sup>CD</sup>	12	17
Complain of uncomfortable feelings in legs	8 <sup>CD</sup>	4	2
Have nighttime fears	10 <sup>D</sup>	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% <sup>B</sup>	73% <sup>B</sup>
One time	27 <sup>D</sup>	23	20
Two or more times	11 <sup>CD</sup>	4	7 <sup>C</sup>

<sup>1</sup>One or more sleep problems include the eight behaviors listed above

## Profiles: Parents/Caregivers Think Child Has a Sleep Problem

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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 <sup>B</sup>	No <sup>C</sup>
n=	(145)	(1314)
<u>Hours Child Slept in 24 Hours</u>		
Mean (# of hours)	9.9	10.5 <sup>B</sup>
<u>Hours Child Slept at Night</u>		
Mean (# of hours)	9.0	9.6 <sup>B</sup>
<u>Child's Sleep Percentile*</u>		
Lower 25%	40% <sup>C</sup>	25%
Middle 50%	38	47 <sup>B</sup>
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% <sup>B</sup>
Some change	33 <sup>C</sup>	21
<u>Time It Took Child to Fall Asleep</u>		
Mean (# of minutes)	24.2 <sup>C</sup>	15.8
<u>Given Child Medication to Help Sleep</u>		
Yes	11% <sup>C</sup>	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 <sup>B</sup>	No <sup>C</sup>
n=	(145)	(1314)
<u>Child Has Sleep Problems at Least a Few Days/Nights a Week</u>		
One or more sleep problems <sup>1</sup>	81% <sup>C</sup>	49%
Resist going to bed at bedtime	40 <sup>C</sup>	18
Have trouble breathing while sleeping	20 <sup>C</sup>	8
Snore	24 <sup>C</sup>	15
Have difficulty falling asleep at bedtime	41 <sup>C</sup>	11
Wake too early in the morning	20 <sup>C</sup>	10
Seem sleepy/overtired during the day	41 <sup>C</sup>	17
Complain of uncomfortable feelings in legs	9	4
Have nighttime fears	24 <sup>C</sup>	5
<u>Sleeping Arrangement</u>		
Solitary sleeper	55%	65% <sup>B</sup>
Room sharer	40	33
Bed sharer	23 <sup>C</sup>	13
<u># of Times Child Woke During the Night and Needed Help or Attention</u>		
Did not wake	47%	72% <sup>B</sup>
One time	36 <sup>C</sup>	22
Two or more times	17 <sup>C</sup>	6

<sup>1</sup>One or more sleep problems include the eight behaviors listed above



## Profiles: Children Experience One or More Sleep Related Behaviors

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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 <sup>B</sup>	No <sup>C</sup>
	n= (1016)	(457)
<u>Hours Child Slept in 24 Hours</u>		
Mean (# of hours)	10.3	10.9 <sup>B</sup>
<u>Hours Child Slept at Night</u>		
Mean (# of hours)	9.4	9.8 <sup>B</sup>
<u>Child's Sleep Percentile<sup>1</sup></u>		
Lower 25%	30% <sup>C</sup>	19%
Middle 50%	44	49
Upper 25%	24	30 <sup>B</sup>
<u>Child's Naps</u>		
Every day or almost every day	32%	39% <sup>B</sup>
<u>Change in Sleep Location</u>		
No change	75%	83% <sup>B</sup>
Some change	25 <sup>C</sup>	17
<u>Time It Took Child to Fall Asleep</u>		
Mean (# of minutes)	18.5 <sup>C</sup>	12.6
<u>Given Child Medication to Help Sleep</u>		
Yes	4%	2%
<u>Age Category</u>		
Infants	8%	12% <sup>B</sup>
Toddlers	16	22 <sup>B</sup>
Preschoolers	31 <sup>C</sup>	21
School-aged	45	45

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

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

	Behaviors	
	Yes <sup>B</sup>	No <sup>C</sup>
	n= (1016)	(457)
<u>Think Child Has a Sleep Problem</u>		
Yes	13% <sup>C</sup>	3%
<u>Child Has Sleep Problems at Least a Days/Few Nights a Week</u>		
One or more sleep problems <sup>2</sup>	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% <sup>B</sup>
One time	26 <sup>C</sup>	18
Two or more times	8	6

<sup>2</sup>One or more sleep problems include the eight behaviors listed above

## Profiles: Children Put into Crib/Bed Asleep or Awake

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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 <sup>B</sup>	Awake <sup>C</sup>
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 <sup>B</sup>
<u>Child's Sleep Percentile<sup>1</sup></u>		
Lower 25%	43% <sup>C</sup>	25%
Middle 50%	38	44
Upper 25%	16	29 <sup>B</sup>
<u>Child's Naps</u>		
Every day or almost every day	95%	91%
<u>Change in Sleep Location</u>		
No change	31	85% <sup>B</sup>
Some change	69 <sup>C</sup>	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% <sup>C</sup>	22%
Toddlers	43	78 <sup>B</sup>

<sup>1</sup>Child'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 <sup>B</sup>	Awake <sup>C</sup>
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 <sup>2</sup>	60%	50%
Resist going to bed at bedtime	20	22
Have trouble breathing while sleeping	8	6
Snore	15 <sup>C</sup>	6
Have difficulty falling asleep at bedtime	21 <sup>C</sup>	11
Wake too early in the morning	26 <sup>C</sup>	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% <sup>B</sup>
Room sharer	51 <sup>C</sup>	32
Bed sharer	20	13
<u># of Times Child Woke During the Night and Needed Help or Attention</u>		
Did not wake	29%	53% <sup>B</sup>
One time	34	34
Two or more times	37 <sup>C</sup>	13

<sup>2</sup>One or more sleep problems include the eight behaviors listed above

## Profiles: Sleeping Arrangement

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

\*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 <sup>B</sup> (503)	Bed sharers <sup>C</sup> (212)
<u>Think Child Has a Sleep Problem</u>			
Yes	12% <sup>D</sup>	16% <sup>D</sup>	8%
<u>Child Has Sleep Problems at Least a Few Days/Nights a Week</u>			
One or more sleep problem <sup>1</sup>	55% <sup>D</sup>	53%	46%
Resist going to bed at bedtime	26 <sup>D</sup>	28 <sup>D</sup>	15
Have trouble breathing while sleeping	9	11	8
Snore	15	12	13
Have difficulty falling asleep at bedtime	17 <sup>D</sup>	18 <sup>D</sup>	11
Wake too early in the morning	14 <sup>D</sup>	11	9
Seem sleepy/overtired during the day	22 <sup>D</sup>	24 <sup>D</sup>	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% <sup>BC</sup>
One time	23	27	20
Two or more times	13 <sup>D</sup>	13 <sup>D</sup>	3

<sup>1</sup>One or more sleep problems include the eight behaviors listed above

## Profiles: Caffeinated Beverages

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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 <sup>B</sup>	1+ <sup>C</sup>
	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 <sup>C</sup>	9.5
<u>Hours Child Slept at Night</u>		
Mean (# of hours)	9.7 <sup>C</sup>	9.1
<u>Child's Sleep Percentile*</u>		
Lower 25%	21%	35% <sup>B</sup>
Middle 50%	49 <sup>C</sup>	42
Upper 25%	29 <sup>C</sup>	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% <sup>C</sup>	27%
School-aged	57	73 <sup>B</sup>

\*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 <sup>B</sup>	1+ <sup>C</sup>
	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 <sup>1</sup>	51%	56%
Resist going to bed at bedtime	21	20
Have trouble breathing while sleeping	9	9
Snore	16	23 <sup>B</sup>
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 <sup>B</sup>
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

<sup>1</sup>One or more sleep problems include the eight behaviors listed above



## Profiles: Child Has a TV in Bedroom

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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 <sup>B</sup>	No <sup>C</sup>
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 <sup>B</sup>
<u>Hours Child Slept at Night</u>		
Mean (# of hours)	9.2	9.6 <sup>B</sup>
<u>Child's Sleep Percentile<sup>1</sup></u>		
Lower 25%	31% <sup>C</sup>	24%
Middle 50%	44	47
Upper 25%	22	28 <sup>B</sup>
<u>Child's Naps</u>		
Every day or almost every day	24%	39% <sup>B</sup>
<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% <sup>B</sup>
Toddlers	10	22 <sup>B</sup>
Preschoolers	25	29
School-aged	59 <sup>C</sup>	38

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

	TV in Room	
	Yes <sup>B</sup>	No <sup>C</sup>
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 <sup>2</sup>	54%	52%
Resist going to bed at bedtime	20	21
Have trouble breathing while sleeping	11	8
Snore	19 <sup>C</sup>	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 <sup>C</sup>	3
Have nighttime fears	10 <sup>C</sup>	6
<u>Sleeping Arrangement</u>		
Solitary sleeper	47%	54% <sup>B</sup>
Room sharer	39 <sup>C</sup>	31
Bed sharer	18 <sup>C</sup>	13
<u># of Times Child Woke During the Night and Needed Help or Attention</u>		
Did not wake	76% <sup>C</sup>	66%
One time	19	26 <sup>B</sup>
Two or more times	5	9 <sup>B</sup>

<sup>2</sup>One or more sleep problems include the eight behaviors listed above

## Appendix