

Professional perceived determinants of children's inadequate sleep health

Fay Brassler ^{1,2}, Laura Belmon ^{1,2}, Vincent Busch ², Maartje van Stralen ³, Irene Harmsen ², Mai Chin A Paw ¹

1. Amsterdam UMC, Vrije Universiteit Amsterdam, Department of Public and Occupational Health, Amsterdam, The Netherlands.
2. Sarphati Amsterdam, Public Health Service (GGD), City of Amsterdam, Amsterdam, The Netherlands.
3. Vrije Universiteit Amsterdam, Faculty of Science, Department of Health Sciences, Amsterdam, The Netherlands.

Aim

To explore the perspectives of child health care professionals and sleep experts on the potential determinants of inadequate sleep among children aged 4-12 years

Background & scope

Why?

Rise in prevalence of inadequate sleep health among children

- Shorter sleep duration
- Longer time to fall asleep
- More daytime sleepiness

Linked to various negative health outcomes

- Obesity
- Lower emotion regulation
- Lower academic achievements
- Lower quality of life

Need for interventions promoting healthy sleep behavior

Determinants of children's inadequate sleep health are needed for health promotion interventions to be effective

Lack of insights into most important determinants of children's inadequate sleep health

Insufficient use of professionals' knowledge and experience

How?

Concept mapping

mixed research method · online · qualitative and quantitative

Participants

- 9 child health care doctors
- 11 child health care nurses & parent-and-child advisors
- 7 sleep experts

Validation of results

with an extra group of professionals: sleep therapists, child health care doctors, child health care nurses, and parent-and-child advisors

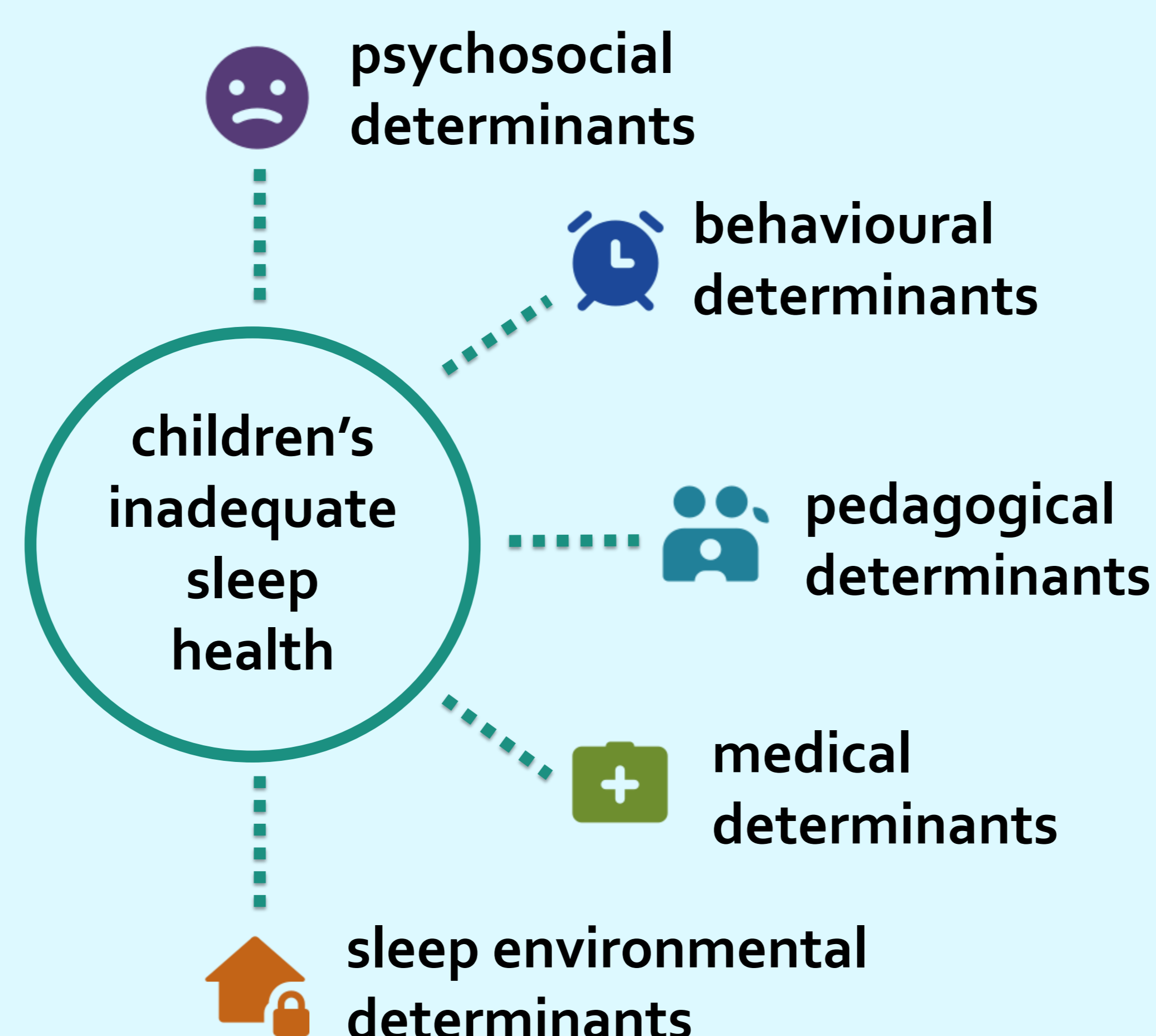
Process

1. PREPARATION by research team
2. GENERATING IDEAS by participants
3. SORTING & RATING IDEAS by participants
4. ANALYSIS by research team
5. INTERPRETATION by research team & extra group of participants

We found...

Categories

Professionals grouped determinants of not sleeping well among children aged 4-12 years into 5 categories



Important determinants

Professionals identified 7 determinants as having a significant impact *and* occur often in practice

- PSYCHOSOCIAL
 - Change in child's daily life
 - Worrying
- BEHAVIOURAL
 - Screen use before bedtime
 - Playing activating games before bedtime
 - Inadequate physical activity
- PEDAGOGICAL
 - Inconsistent sleep schedule
 - No bedtime routine

And...

Concept mapping with children and parents

Categories

psychological, social environmental, behavioural, physical environmental, physiological determinants

Determinants

children e.g. fear, discomfort, sleep environment
parents e.g. physical well-being, stressful situation, affective state, sleep schedule, energy

So...

- We identified possible targets for healthy sleep interventions
- We recommend a multifactorial *Health in All Policies* intervention taking a systems approach and involving children, parents, and professionals in development
- Future research is needed to confirm whether these determinants actually affect children's sleep health