

Developing a healthy sleep intervention for children aged 6-9 years

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Aim

To develop a system-wide intervention that promotes healthy sleep behavior among children aged 6-9 years living in disadvantaged neighborhoods in Amsterdam

Background & scope

Why?



Rise in prevalence of unhealthy sleep among children

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



Linked to negative health outcomes

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

We focus on...



Families with a low SEP in disadvantaged neighborhoods as...

- These children generally have a higher risk for unhealthy sleep
- This may contribute to reducing health inequalities between low and high SEP families



Children aged 6-9 years as...

- We want to promote healthy sleep habits before unhealthy habits appear
- We expect more parental involvement in this age group compared to an older age group (10 years and older)
- Limited healthy sleep information is available for this age group

How do we develop?

We use...

Systems theory

a framework to address all levels of the environment as interrelated social systems

stakeholder analysis

35 interviews with various actors



opportunities

for practical applications

impact, reach, and assurance of each opportunity

Intervention Mapping

a framework to systematically develop interventions

systematic review

concept mapping with children, parents, and professionals

sleep diaries and surveys with children and parents



determinants & actors of children's unhealthy sleep

themes, performance & change objectives of the intervention

What are the opportunities?

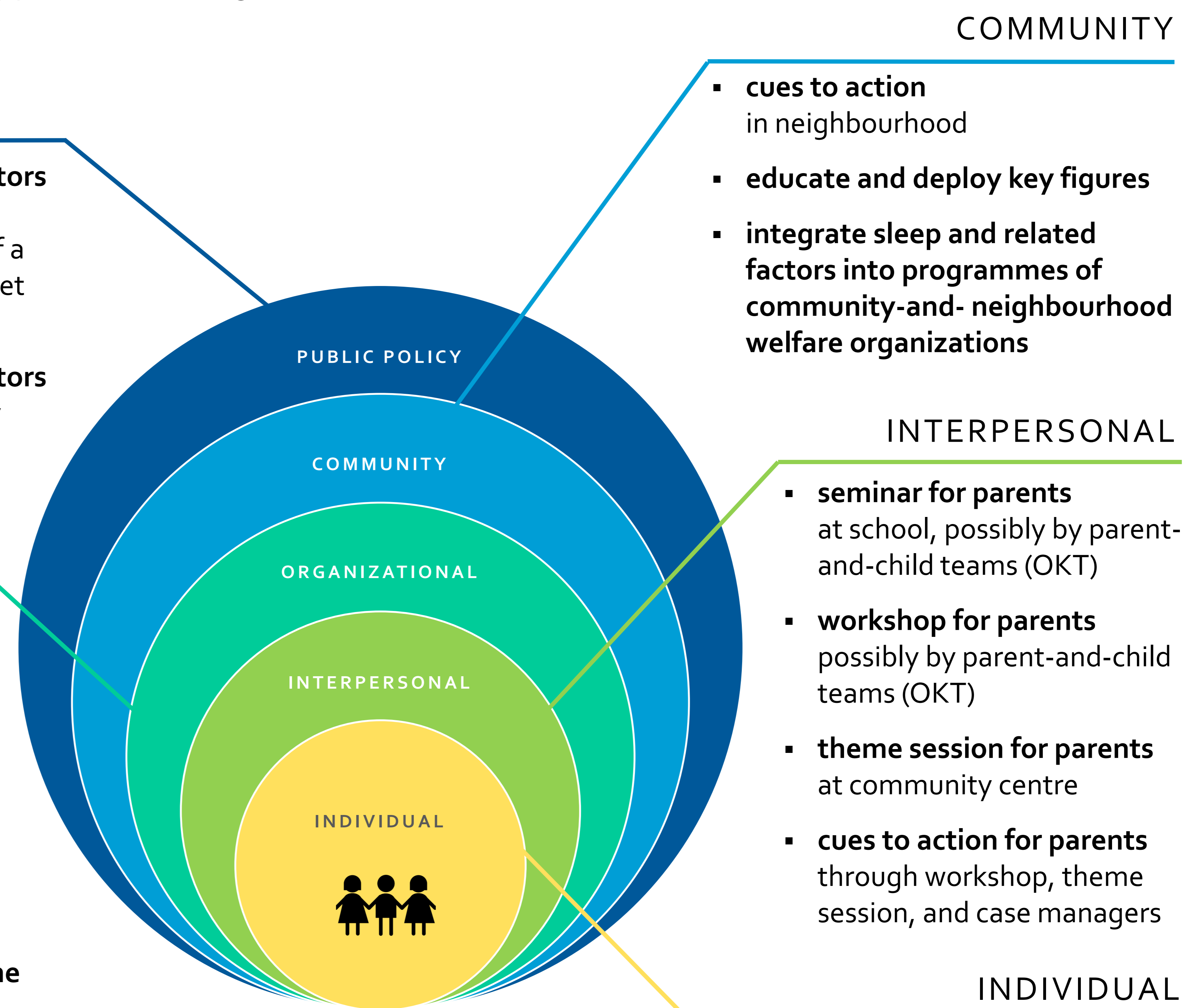
Opportunities for practical applications using the Social Ecological Model

PUBLIC POLICY

- **integrate sleep and related factors into City Planning policy**
reduction of noise, availability of a quiet house side, amount of street light, size of houses
- **integrate sleep and related factors into basic social benefits policy**

ORGANIZATIONAL

- **put importance of healthy sleep for education on agenda** via the network of Education (Onderwijs)
- **integrate sleep and related factors into curriculum of important educations**
PABO, pedagogical staff, and social workers
- **identify parents with stress via Work Participation & Income (WPI) department**
- **integrate sleep and related factors into community approach**
identify what community manager needs in order to integrate sleep



What's next?

We will...

- Analyse impact, reach, and assurance of each possible practical application
- Select practical applications for development
- Make a development plan with stakeholders
- Develop & pilot test practical applications with children, parents, and stakeholders