Today’s piece was prepared by Dawn Sibanda, MD based on a CNN article [How an early bedtime can have a lasting effect on kids](http://www.cnn.com/2016/09/05/health/bedtime-children-health-benefits/)

This article discusses findings of several studies regarding benefits of adequate sleep in early childhood in preventing obesity, and on neurodevelopment and cognitive function. It notes that previous studies have looked at sleep quality and duration, but this particular study looked at bedtime. It reports obesity rates of 10%, 16% and 23% based on bedtimes of 8pm or earlier, 8-9pm, and 9pm or later respectively. The article concludes that an earlier bedtime means that kids are “half as likely as children with late bedtimes to be obese as adolescents”. Early bedtime is associated with improvements in behavior, cognitive development, attention, memory attention, emotional regulation, and math fluency. The article’s last section gives advice to parents for bedtime. The article concludes with advice for parents and includes the American Academy of Sleep Medicine guidelines for children as well as tips for age-specific sleep hygiene.

While the inclusion of concrete guidelines is helpful to the reader, this article is confusing. It appears that the writer intended to discuss the benefits of early bedtime on obesity. It’s not clear if these differences are statistically significant or if a certain bedtime for a certain age correlates with physical or mental health or neurodevelopmental benefits. A discussion about several different theories on potential benefits to the brain is difficult to follow, and the journalistic style can be frustrating to read; the second paragraph starts with “An early bedtime, per se, will not necessarily affect a child’s physical health or mood and mental health in a positive way”, contradicting the discussion prior.

**RESOURCES ON SLEEP:**

[National Sleep Foundation](https://sleepfoundation.org/) *Has a section on Teens, Children and Sleep*

[Sleep Education](http://www.sleepeducation.org/) Sleep health info from American Academy of Sleep Medicine

And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!