Today’s piece was prepared by Kelley Kadunc, MD, based on a Fox News article [Lack of sleep linked to behavioral problems in kids](http://www.foxnews.com/health/2017/03/17/lack-sleep-linked-to-behavioral-problems-in-kids.html)

The article discusses a prospective cohort study which evaluates the relationship between duration of sleep in early childhood and cognitive and behavioral problems at age seven years. The study found children with inappropriate duration of sleep at ages 3-4 years and 5-7 years had worse executive function and behavior compared to children who received more age-appropriate amounts of sleep. The author then shifts focus to giving information and resources so parents can help their children get more sleep. The author gives two resources (National Sleep Foundation and American Academy of Sleep Medicine) for parents to determine age appropriate amounts of sleep and discusses the importance of bedtime routine and paying attention to the sleep needs of each individual child.

The strengths of the article include its accurate description of the study design and results, the two strong and scientifically-sound resources, and suggestions for parents on how to help children sleep more. The author defined some more scientific terms, such as “executive functioning,” to make the findings easier to understand for laypeople. They also mention the detriments of screen time. The article seems impartial and is scientifically based. It is persuasive.

One weakness of the article is the absence of information on other ill effects to children from lack of sleep, such as obesity, headaches, depression, and hypertension. It does not stress the importance of sleep at all ages. It also fails to mention if the study noted any differences based on children’s socioeconomic factors or comorbid medical conditions such as autism or ADHD. Most importantly, there was no mention of visiting a pediatrician if children are having difficulty sleeping or having poor quality of sleep due to snoring, enuresis, etc.

**RESOURCES ON SLEEP FOR PARENTS:**[Healthy Children: Healthy Living and Sleep](https://www.healthychildren.org/English/healthy-living/sleep/Pages/default.aspx)  *American Academy of Pediatrics*[Sleep For Kids: Teaching Kids the Importance of Sleep](http://www.sleepforkids.org/)*National Sleep Foundation*[Prospective Study of Insufficient Sleep and Neurobehavioral Functioning among School-Age Children](https://www-ncbi-nlm-nih-gov.offcampus.lib.washington.edu/pubmed/?term=Prospective+Study+of+Insufficient+Sleep+and+Neurobehavioral+Functioning+among+School-Age+Children) *Academic Pediatrics* (2017)

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