Today’s piece, prepared by Kara von Zychlin, MD, is based on an article from TIME entitled: [It’s OK to Let Babies Cry It Out At Bedtime](http://healthland.time.com/2012/09/10/its-o-k-to-let-babies-cry-it-out-at-bedtime/?iid=hl-main-editpicks). <http://healthland.time.com/2012/09/10/its-o-k-to-let-babies-cry-it-out-at-bedtime/?iid=hl-main-editpicks>

This article summarizes a study in September’s *Pediatrics* about the effects of sleep training on a child’s psychological development and parent-child relationship. The study randomized 326 infants with sleep problems, identified by their parents, into control and intervention groups. The intervention group parents learned one of two sleep training methods, “controlled comforting” or “camping out”. The control group received routine anticipatory guidance and well child care. At 6 years of age, there was no significant identified difference between the emotional and behavioral health or parent-child relationships in either group. Data collected earlier during the trial period did show a benefit of sleep training on maternal depression scores in the immediate period. However, it failed to prove long-term benefit from the intervention.

This article will interest parents who often feel uncomfortable or guilty about allowing their infant to “cry it out”. While the data presented suggests that there is no long-term harm from sleep training, it cannot be generalized to younger infants as the article implies. Further studies are required to assess the safety of sleep interventions aimed at preventing sleep problems; i.e. sleep training at 4-6 months of age, as is recommended by many pediatricians.

**SLEEP RESOURCES** useful to parents:

[Sleep Foundation](http://www.sleepfoundation.org/) Good information on normal sleep patterns at various ages Information on normal sleep patterns and sleep disorders as well as tips for parents. [www.sleepfoundation.org](http://www.sleepfoundation.org)

[Cleveland Clinic Pediatric Sleep Conditions](http://my.clevelandclinic.org/disorders/sleep_disorders/hic_healthy_sleep_habits_for_children.aspx) Several sources of topical information regarding sleep in children <http://my.clevelandclinic.org/disorders/sleep_disorders/hic_healthy_sleep_habits_for_children.aspx>

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