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Changes in children's sleep domains between 2 and 3 years of age: the Ulm SPATZ Health Study

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ABSTRACT

Objective: There is growing interest in the link between sleep habits and child health but reference values specific to toddlers as well as longitudinal data on sleep are scarce. We aimed to describe parent-reported child sleep habits and their intra-individual changes in 2- to 3-year-olds using data from a regional birth cohort study.

Methods: In the Ulm SPATZ Health Study, a birth cohort study conducted at Ulm, Southern Germany, with baseline examination from April 2012 to May 2013, the German version of the Children's Sleep Habits Questionnaire (CSHQ-DE) was used longitudinally at follow-ups at 2 and 3 years ($N = 615$ children). Descriptive statistics including intra-individual differences between 3- and 2-year scores were reported, the latter using the sign test.

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