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The effect of sleep habits on the nutritional status of preschool children: the PREDI Study.

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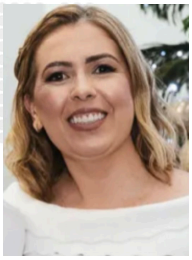
ABSTRACT

Disturbances in sleep habits and sleep duration in hours during childhood have been associated with excess body weight. This study aims to evaluate the association between sleep habits in children at four-five years and six years of age and their nutritional status. This research is part of a birth cohort study initiated in 2012 in Joinville-SC, Brazil, and named Predictors of Maternal and Child Excess Body Weight (PREDI) Study. 221 and 181 mother-child pairs in the 2nd and 3rd follow-up, respectively, at four-five (2016-2017) and six (2018) years of age were included in this study. Data were collected in the homes of the participants after previous scheduling. The questionnaire "Sleep habits for Inventory for Preschool Children" was utilized to evaluate the sleep quality of children. Total sleep duration was self-reported by the mothers and classified according to guidelines of the National Sleep Foundation. Besides the predictor variable (sleep habits of the child), other possible confounding variables were investigated (socioeconomics, demographic, biological, and anthropometric variables of mother and child). The dependent variable was nutritional status of the child which was evaluated according to the growth curves for sex-and age- specific body mass index (BMI). The Qui-square proportions test was used to evaluate the association between sleep habits and the nutritional status of children. There was a statistically significant association between sleep habits and privation and maternal marital status with the nutritional status of children at six years of age. The study found a greater prevalence of excess body weight in children with inadequate sleep habits when compared to children with adequate sleep habits at six years of age (P90: 62,5%; P50-90: 29,7%; P50: 22.6%; p=0,036). Additionally, there was a greater prevalence of sleep (<9h of sleep/day, 22,4%, p=0.023) in children.



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