

# Sleep characteristics of young and older children in Singapore.

No registrations found.

<b>Ethical review</b>	Not applicable
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	-
<b>Study type</b>	Observational non invasive

## Summary

### ID

NL-OMON27448

### Source

NTR

### Brief title

DREAM

### Health condition

sleep habits, children, Singapore

## Sponsors and support

**Primary sponsor:** Royal FrieslandCampina

**Source(s) of monetary or material Support:** Royal FrieslandCampina

## Intervention

## Outcome measures

### Primary outcome

Normal sleep habits of Singaporean children:

1. Time to bed;
2. Time of wake up;

3. Number of wake-ups per night;
4. Duration of wake-ups.

### **Secondary outcome**

1. Sleep quality as measured with actiwatch;
2. Perception of parents regarding sleep habits of their children.

## **Study description**

### **Background summary**

Sleep is very important for healthy and normal brain development and for the cognitive function of the brain. It is said that 10-30% of the children have sleep-related problems. Children who sleep well have greater attention resources and are found to have higher IQ scores. In the present study we study the current sleep characteristics of children in Singapore in the age of 1-6 years old, by conducting a telephone interview and sleep diary for 3 days in 80 children. A selection of 20 children will wear an actiwatch for 7 days/nights together with filling in a sleep diary.

### **Study design**

1. Inclusion;
2. Telephone interview n=80;
3. Sleep diary 3 days/nights n=80;
4. Selection n=20;
5. Actiwatch and sleep diary 7 days/nights n=20.

### **Intervention**

No intervention, only observation: Questionnaires, diaries, actiwatch.

## Contacts

### **Public**

61 Quality Rd  
I.M.S. Tan-Khouw  
[default] 618818  
Singapore  
+65 6419 8474

### **Scientific**

61 Quality Rd  
I.M.S. Tan-Khouw  
[default] 618818  
Singapore  
+65 6419 8474

## Eligibility criteria

### **Inclusion criteria**

1. Healthy children;
2. 1-2 years old and 5-6 years old;
3. Both boys and girls.

### **Exclusion criteria**

1. Medical recognized mental or sleep problems;
2. Medication;
3. Restless leg syndrome;
4. Breathing disorders.

## Study design

## Design

Study type:	Observational non invasive
Intervention model:	Parallel
Allocation:	Non controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

## Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-08-2011
Enrollment:	80
Type:	Actual

## Ethics review

Not applicable	
Application type:	Not applicable

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

### In other registers

Register	ID
NTR-new	NL2877
NTR-old	NTR3022

**Register**

Other

ISRCTN

**ID**

Friesland Campina CPI Innovation IFT : Nutr-AS-003-2011

ISRCTN wordt niet meer aangevraagd.

## Study results

**Summary results**

N/A