

Sleep characteristics of young and older children in Singapore.

No registrations found.

Ethical review	Not applicable
Status	Recruitment stopped
Health condition type	-
Study type	Observational non invasive

Summary

ID

NL-OMON27448

Source

Nationaal Trial Register

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