



Influence of Naps on Physical Activity in Preschoolers

Christine W. St. Laurent, Sanna Lokhandwala, Tamara Allard, Angela Ji, Tracy Riggins & Rebecca M. C. Spencer



Objectives

Are nap habits in preschoolers linked to how much they move?

Are the proportions of sleep stages during preschool naps linked to movement behaviors?

If a nap is missed, does this affect movement activity that afternoon or on the next day?

Methods

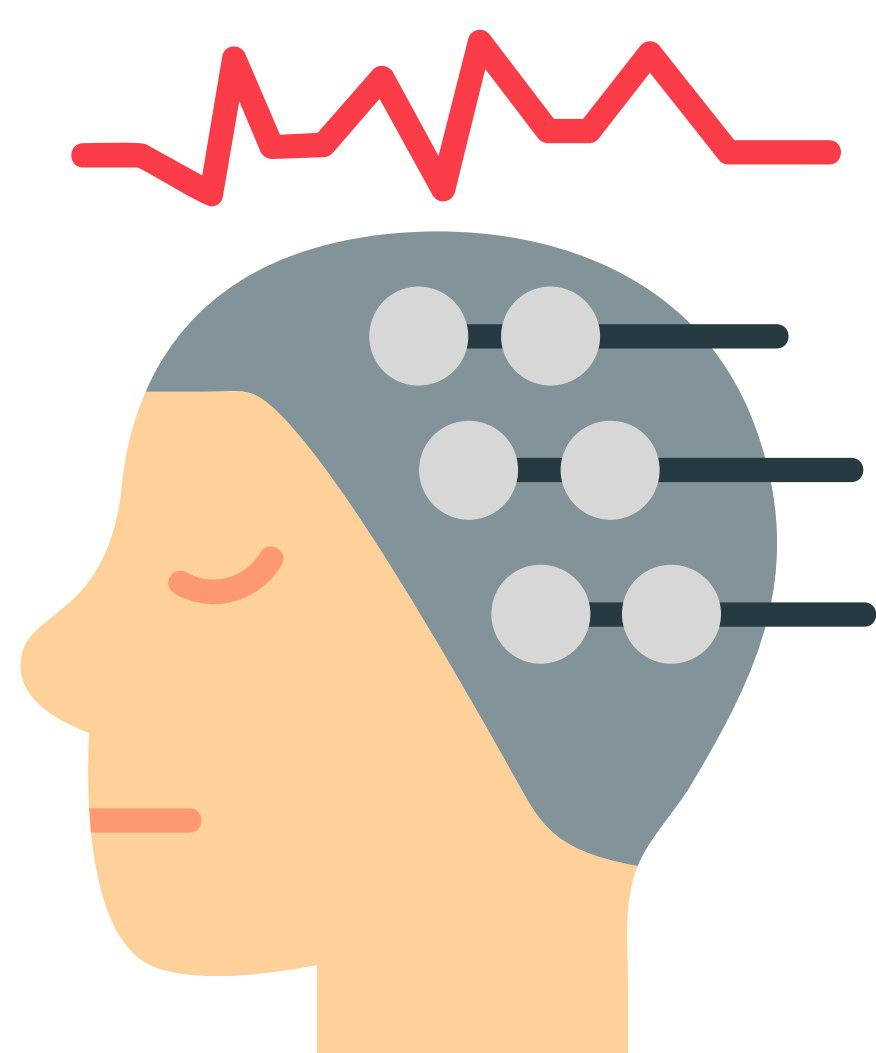
WHO: 44 children ages 3 to 6

WHAT: Within-subjects study

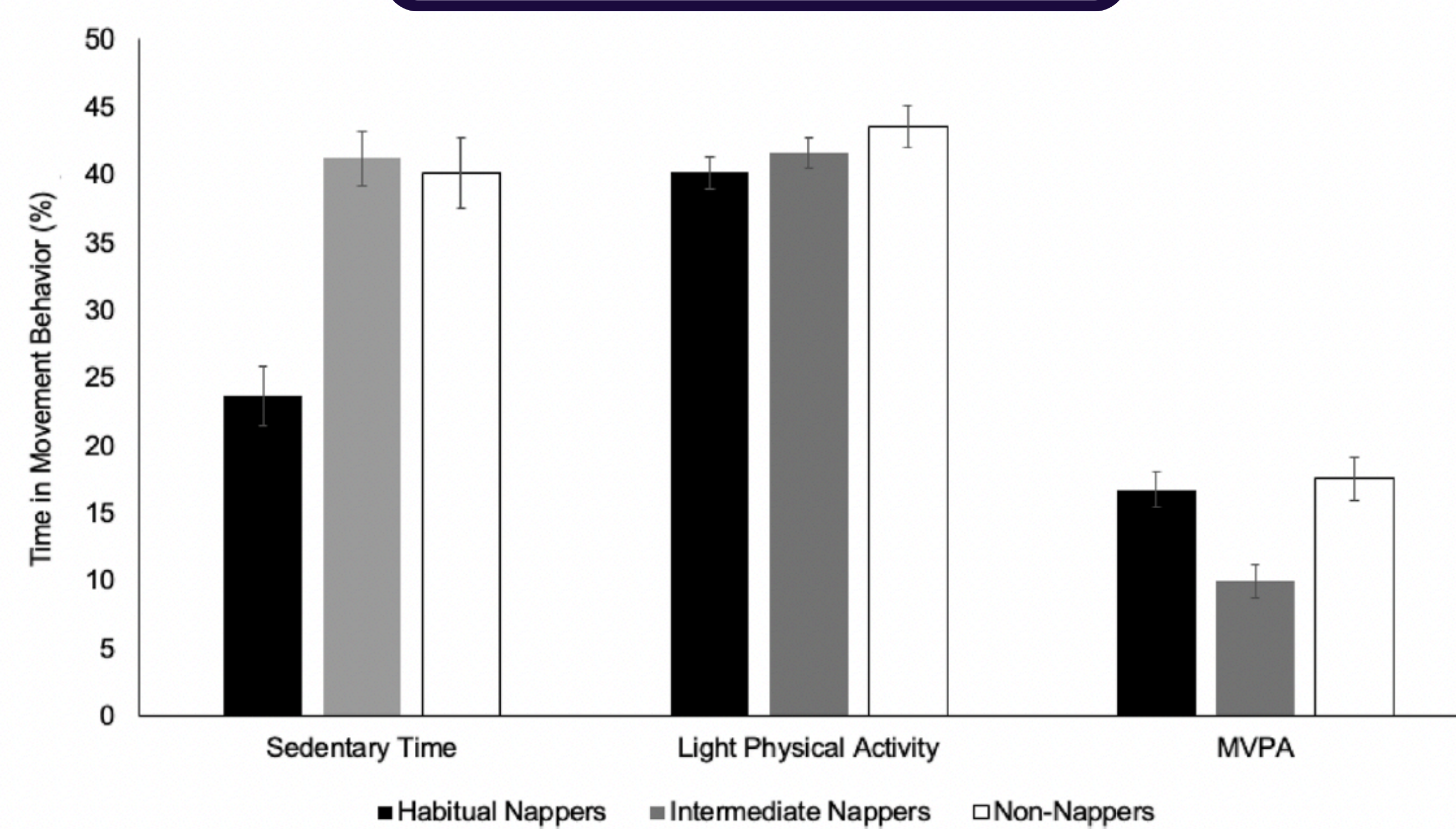
Wrist monitors for sleep and activity

HOW:

Portable sleep monitor during 1 nap

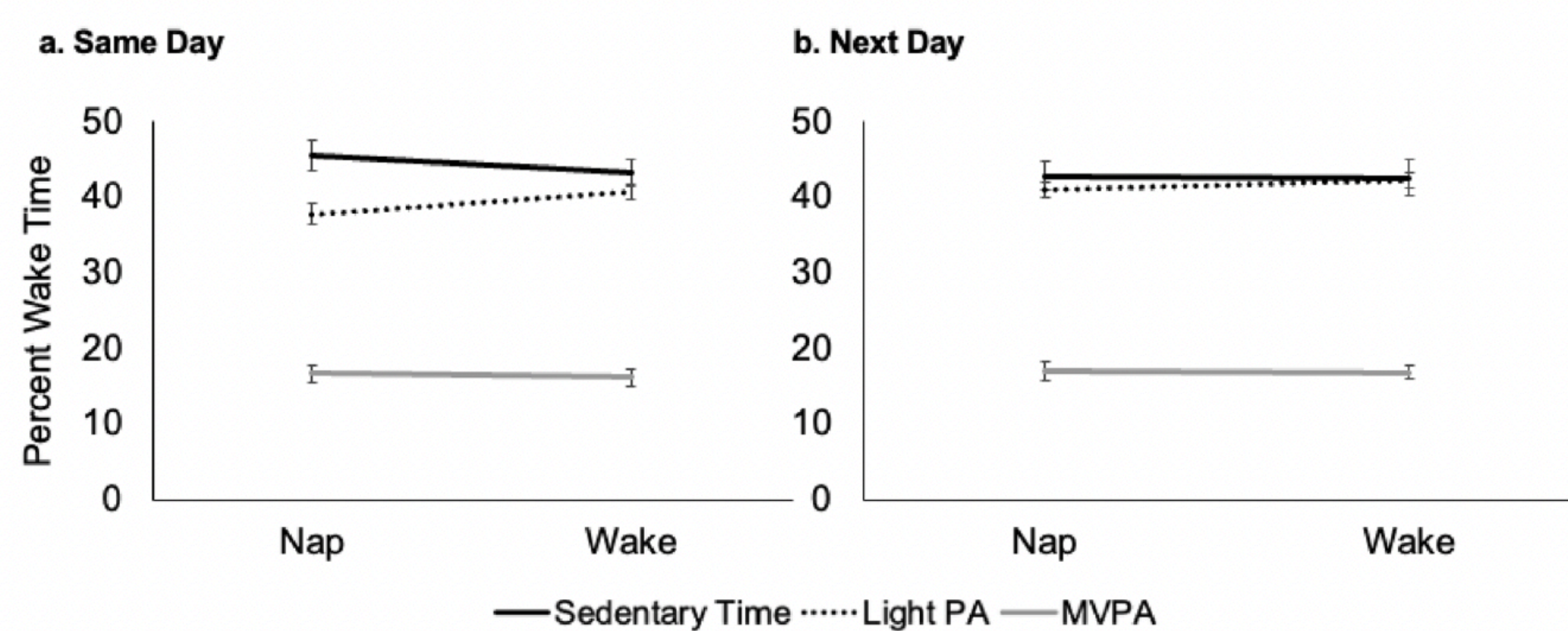


Key Findings



Movement behaviors did not vary by children's nap habits.

Nap sleep stages were not linked to children's movement behaviors.



Missing one nap did not influence movement behavior that afternoon or the next day.

Next Steps

- The benefits of nap sleep on movement behaviors should be further examined.
- Researchers may extend this protocol to multiple missed nap opportunities in a larger and more diverse sample size.