

PHYSICAL ACTIVITY & SLEEP IN EARLY CHILDHOOD

Christine W. St. Laurent, Katrina Rodheim, & Rebecca M.C. Spencer



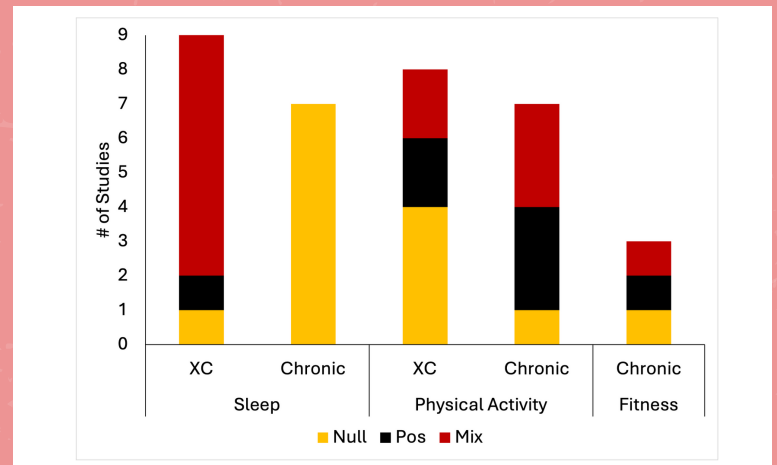
What We Did

We did a review of 36 studies (between 1980 & 2020) that examined associations between physical activity and sleep in children under 6 years.

What We Found

Physical activity and fitness may beneficially influence some aspects of sleep in young children. The role that sleep has on fitness and physical activity is inconclusive in young children.

(XC = cross-sectional study; chronic = intervention study; Null = no association/effect, POS = beneficial, mix = mixed findings)



A Need for Future Research in Young Children That Explore:



- Fitness in relation to sleep
- Temporal (e.g., day-to-day) associations
- Both short- and long-term combined behavior programs
- Longitudinal studies with objective measures
- Effects of age and approach on these relations

The role that sleep and physical activity have on one another in the early years of life is not completely clear, but both behaviors are important for health and development!

St Laurent, C. W., Rodheim, K., & Spencer, R. M. C. (2021). A systematic review of the relationships between physical activity and sleep in youth. *Kinesiology Review*, 11(2), 121–137.