



Day-to-Day Associations between Movement Behaviors and Nap Sleep in Prechoolers

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What We Knew



- Preschool-aged children should get 10–13 hours of sleep (including nap sleep) per day
- Nap sleep has been associated with benefits in learning, cognitive performance, and behavior

What We Wanted to Know



What We Did

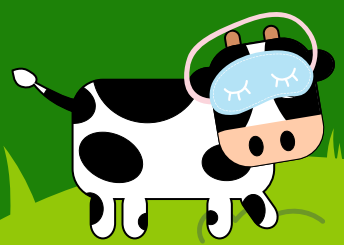
- 298 3- to 5-year-old children wore activity monitors
- We estimated sedentary time, total physical activity, overnight sleep, nap frequency and duration



What We Found

Influence of Activity on Nap Sleep

- Being active today may not influence today's nap sleep or the likelihood of napping tomorrow ... but, being less sedentary in the morning may make children more likely to nap the same day



Influence of Nap Sleep on Activity

- When children do nap, they may be more active and less sedentary the next day