Association of sleep habits and risk factors for metabolic disorders in children

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INTRODUCTION
Sleep is a complex and essential biological process that is required on a daily basis for all humans, playing a vital role in the maintenance of the homeostasis in short and long term. The lack of sufficient amounts of sleep is a hallmark of modern living, and it is commonly perceived that in the long run it has serious effects on our health [1].

RESULTS
After correlating all the measurements with sleep habits with statistical significance (p≤0.05), we arrived at the following findings:

- Children tend to sleep earlier when:
  - having breakfast (p<0.001)
  - consuming more fruits (p<0.001), vegetables (p = 0.005), dairy products (p<0.001)/week

- The earlier a child goes to bed in the night the less:
  - tired it feels when it wakes up in the morning (p<0.001)
  - anxiety or stress it feels (p<0.001)

Children who eat non-homemade food sleep late in the night (p<0.001)
Prematurely born children start their night sleep later (p = 0.047)

CONCLUSIONS
It is perceived that in an effort to maintain body weight and to prevent the metabolic [2], hematological and immunological complications of obesity [3,4], it is necessary not only to preserve an appropriate diet and exercise program but also to keep adequate sleep hours.

REFERENCES