

Bedtime Research

Enforcing rules about a child's bedtime helps the child get the recommended amount of nightly sleep.

SOURCE: Do parents' support behaviours predict whether or not their children get sufficient sleep? A cross-sectional study

A late bedtime after 9 p.m. was associated with longer sleep onset latency and shorter total sleep time.

SOURCE: Developmental aspects of sleep hygiene: findings from the 2004 National Sleep Foundation Sleep in America Poll

Young children who have a consistent bedtime routine have earlier bedtimes, take less time to fall asleep, have reduced night wakings, and sleep longer.

SOURCE: Bedtime routines for young children: a dose-dependent association with sleep outcomes

Consistent bedtimes are independently associated with higher cognitive test scores in young children.

SOURCE: Time for bed: associations with cognitive performance in 7-year-old children: a longitudinal population-based study

Preschool-aged children with early weekday bedtimes were less likely than children with late bedtimes to be obese when they became teens.

SOURCE: Bedtime in preschool-aged children and risk for adolescent obesity

**All Bedtime Research, titles & articles are from:*

<http://sleepeducation.org/healthysleep/make-time-2-sleep-bedtime-calculator>