

عنوان مقاله:

Sleep in childhood and affecting factors

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خلاصه مقاله:

Sleep is the key element in strengthening academic performance and physical growth. Children must have adequate sleep and rest in order to achieve developmental functions. Sleep is important for the child to perform his physical development and duties in the best way. It is seen that sleep deprivation causes daytime sleepiness and carelessness in both children and adolescents. It is stated that the lack of sleep leads to behavioral problems in children. Sleep varies according to age groups. These periods are infancy, toddlerhood, preschool age, school age and adolescence. One of the behaviors that needs to focus on in order to increase the quality of life and improvement of health, psychosocial development, thrive and the process of growth from infancy to adulthood, is the behavior of sleep hygiene. A poor sleep hygiene decreases the quality of sleep, which leads to a poor quality of life. In this review sleep .in childhood and affecting factors has been tackled

کلمات کلیدی:

sleep, childhood, quality of sleep, affecting factors

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