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The influence of sleep health and sleep habits of parents on those of children in Japan.

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[Objectives] Various epidemiology about sleep problem and life habits have been carried out and have gotten a lot of attention recently. However, all studies dealt with individual data separate from their family members. Even though it seems that cultural characteristics and familial factor affect the one's sleep health and habits, no study has yet demonstrated interaction between parents and children. Therefore this study was designed to examine effects on sleep health among family members including children.

[Methods] The questionnaires sleep health questionnaire including the items of life style and subjective morning-evening type were distributed to 1,431 families and collected a few days later by post. Subjects who did not answer all the questions, who were being treated for disease, all members of the family did not answer the questionnaire were eliminated from the analysis. The valid reply was 402 families (rate of valid reply collection = 28.1 %). Average age (Mean±SD) of mother was 37.0±4.9, father was 39.0±5.9, and children 7.0±4.4 years old (n=649).

[Results] Time of going to bed of children was significantly late when their mother stayed up late. And also such children were in poor sleep health compared to children who had regular morning type patterns. In case both mother and father was poor sleeper, sleep health risk index of children showed significantly the highest score. It was showed that children are in good sleep health, if father was a poor sleeper, but mother was a good sleeper.

[Conclusions] This study shows that sleep health and sleep habits of children are strongly influenced by parents. Especially, influence of mother on sleep health of children was strong. The extreme late bedtime and deteriorated sleep health of children is made by mother's sleep habits in present-day Japan.

