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**Sleep habits and parent perspective on children's sleep in six countries - America, Ethiopia, Indonesia, France, Japan and Korea.**

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**[Introduction]** Parents have a considerable impact on children's sleep. Our previous study in Japan showed that child's sleep was closely related with parents', especially mother's. Furthermore, parent's care for sleep influenced child's sleep. This result suggested that parent perspective reflected in care for sleep is important for children's sleep. It would appear that parent perspective differs in countries because of different cultural and social contexts. In present study, we therefore exploratory investigated parent perspective on children's sleep in different countries.

**[Methods]** We conducted a survey on parent who had a child aged 0 to 3 in America, Ethiopia, Indonesia, France, Japan and Korea. Participants answered about sleep habits of their own, spouse and child and their perspective on children's sleep. Questionnaire included items about sleep habits of family member, sleep problem and environment of child and perspective on child's sleep. 557 participants completed the questionnaire.

**[Results and Discussion]** Sleep habits of family member were significantly different between countries. However, sleep lengths of mother and child were significantly correlated in all countries. Most parents in Japan (86.3%) and Korea (83.7%) whose child slept shorter thought children need to be early to go to bed and to awake. And about half of them claimed that they had problems with child's sleep (Japan: 55.0%, Korea: 45.9%). On the other hand, in Ethiopia, children slept longest and only 5.0% of parents thought children should go to bed early and wake up early. Percentage of Ethiopian parents who had problems with child's sleep was the lowest (17.5%). Percentage of parents who thought it's natural that children sometimes cry at night (97.0% in America – 13.3% in Korea) and sleep in some strange positions (82.0% in America – 15.3% in Korea) varied between countries. Sleep environments also differed between countries. 98.9% of children slept alone in their own bed in America, while 6.4% in Indonesia. Only 1.0% of parents in America thought that children should sleep with parents, that is to say parents practiced what they thought. Although most children shared a bed with some family member in Indonesia, parents who thought that children should sleep with parents were 31.9%.

Parent perceptions on sleep didn't always correspond to actual children's sleep.