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"Sleep hygiene"	AB Summary 🕶
AND - health	KW Subjects 🕶
AND -	Select a Field (optional)



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The Impact of a Behavioral Intervention on Parent Sleep Hygiene Behaviors

Authors: Kulkami. Nupur
Advisors: Garrison, Michelle
Year: 2019

Document Type: Thesis
Subjects: media use patential behavior change sleep straingy, Public health Health services

Objectives: A longitudinal randomized control trial (RGT) was conducted to determine whether a sleep hyglene intervention improved long-term child sleep. This study assessed whether the intervention changed child night time media usage in the intervention group relative to the control group, as well as the frequency of parents' sleep inducement strategy usage from baseline to three months. Methods: Linear regressions applying the Difference in Differences (DIO) model were conducted to examine whether differences between groups existed due to the intervention beyond the passing of time for child media use and parent sleep inducement strategy use. Results: Two sleep strategies, adult stays out of room, and adult lying down with child, showed statistical significance of differences between the intervention and control groups across time (p

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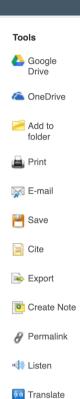




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