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"Sleep hygiene" AB Summary

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### The Impact of a Behavioral Intervention on Parent Sleep Hygiene Behaviors

Authors: [Kulkarni, Nigur](#)

Advisors: Garrison, Michelle

Year: 2019

Document Type: Thesis

Subjects: [media use](#)  
[parental behavior change](#)  
[sleep](#)  
[sleep strategy](#)  
[Public health](#)  
[Health services](#)

**Summary:** Objectives: A longitudinal randomized control trial (RCT) was conducted to determine whether a **sleep hygiene** 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** induction strategy usage from baseline to three months. Methods: Linear regressions applying the Difference in Differences (DID) 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** induction 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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- The abstract is the summary paragraph. Reading this will give you a good indication on the item's topic.
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