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Sleep Patterns and Disturbances in Children Aged 6-16 Years During the COVID-19 Pandemic in Türkiye

ABSTRACT

This study aimed to examine factors affecting sleep patterns and disturbances in children aged 6–16 during the COVID-19 pandemic. A descriptive, cross-sectional study was conducted with 408 mothers. Data were collected using the Sleep Disturbance Scale for Children (SDSC). The mean SDSC score was 46.25±16.34, with 11.8% of children showing symptoms of sleep disturbances. Increased sleep latency and delayed bed/wake times were observed. Children aged 6–12 slept less, while those aged 13–16 slept more. Irregular sleep, oversleeping, difficulty falling asleep, and nightmares significantly increased. Late dinners, more daytime naps, nighttime awakenings, and higher screen time before bed were also noted. The pandemic negatively impacted children's sleep patterns. Pediatric nurses should monitor and address

