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The Relationship Between Parents' Sleep Quality and Chronotype and Children's Sleep Habits

ABSTRACT

This study highlights a significant association between parental sleep quality and children's sleep habits. Among 122 children aged 4 to 12, 88.5% were found to have sleep disturbances. Poor parental sleep quality was significantly associated with greater sleep problems in children. These findings suggest that improving parental sleep may play a crucial role in supporting healthier sleep patterns in children.

