

A NEW TOOL FOR IDENTIFYING SLEEP PROBLEMS IN YOUNG CHILDREN

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ABSTRACT

Sleep problems in children adversely affect the developmental processes of the brain and are reported to contribute to behavioral difficulties in later years. Currently there are no simple-to-use tools available to identify sleep problems in the clinical setting. This study determined the reliability and validity of a new tool, the Toddler and Preschool Sleep Problems Screening Tool (TPSPST). Phase I: A convenience sample (n = 300) of parents of children 12 – 60 months old from 3 local daycare centers completed the TPSPST. A one-way ANOVA was used to compare the composite scores obtained from the TPSPST among groups and showed no statistical difference in regard to category between the groups. A Kruskal-Wallis showed no statistical difference in regard to raw score between the groups. Phase II: A convenience sample (n = 40) of children was recruited. A computerized motion actigraph (Actiwatch, Mini-Mitter, Sunriver, OR) was used to determine sleep quality. There was a trend toward higher scores on the night-waking subscale of the TPSPST and lower sleep efficiency, although not statistically significant. A factor analysis was done to identify the factors that describe the association between variables measured by the TPSPST and to assess if the tool measured the dimensions that were expected.