

# European Respiratory Society Annual Congress 2013

**Abstract Number:** 5002

**Publication Number:** P4030

**Abstract Group:** 4.2. Sleep and Control of Breathing

**Keyword 1:** Children **Keyword 2:** Sleep studies **Keyword 3:** Epidemiology

**Title:** Sleep patterns in a cohort of school children with primary snoring referred to a tertiary sleep clinic in Singapore

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**Body:** Introduction: Previous studies in Singaporean infants and preschool children have shown significantly later bedtimes and shorter total sleep times compared to Caucasian children. However, data on school aged children is lacking. Aim: To describe the sleep pattern in school-aged children (6-18 years) referred to a tertiary sleep clinic in Singapore with complaints of snoring. Methods: Data were collected prospectively between years 2000 to 2012 from sleep questionnaires completed by parents, prior to overnight polysomnography. Parent reported bedtime, rise time and sleep duration were analysed. Data on children with evidence of sleep disordered breathing on the sleep study were excluded. Results: 838 children (mean [SD] age = 10 [2.98] years, 70.3% males) were studied. The usual bedtime, rise time and the duration of sleep are summarised in Table 1.

## Sleep Pattern in School Aged Children

Age group in years	6 to ≤ 11	11 to 18
Total number of children	488	350
Usual bedtime median [IQR]	22:00 [21:30-22:30]	22:30 [22:00-23:00]
Usual risetime median [IQR]	07:00 [06:00-08:00]	06:00 [06:00-07:00]
Sleep duration in hours median [IQR]	9 [8-10]	8 [7-8.5]

Table 1

**Conclusion:** School aged children in Singapore with primary snoring have later bedtime and shorter total sleep time than recommended. This may indicate socioeconomic and cultural influences. Whether or not this observation has any impact on health, remains to be determined.