

# International Survey on Elementary School Students' Sleep

A Cross-sectional Study of Elementary School Students' Sleep and Lifestyle Habits in the United States and Japan

**We kindly ask parents to participate in our web survey**

## How much do current elementary school students sleep?



Sleep is scientifically shown to be important for children's growth and brain development. However, the sleep duration of modern children falls short of recommendations in many countries around the world.



Media devices have now become indispensable for children's learning and play. Many scientists worldwide are paying attention to the relationship between screen time and sleep.



Has the COVID-19 pandemic, which has greatly altered our lives, also impacted children's sleep?



We decided to conduct a survey in the U.S. and Japan to understand the current state of elementary school students' sleep and lifestyle habits.



We aim to determine the factors influencing children's sleep through a comprehensive analysis of data from the U.S. and Japan, as well as by examining historical data.



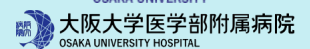
We will investigate how children's lifestyle habits influence their sleep.



We will conduct simultaneous survey in the U.S. and Japan.



大阪大学  
OSAKA UNIVERSITY



The survey results will contribute to the research on children's sleep and development.

### TARGET PARTICIPANTS

Caregivers residing in the U.S. with elementary school-aged children.

### DURATION

Nov. 2023 to Mar. 2024

### METHODOLOGY

Web survey using Google Forms

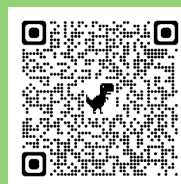
### ESTIMATED TIME REQUIRED

Approximately 15 minutes

We recommend you to log in to your Google Account if you have one to autosave your response progress.

### THE SURVEY IN ENGLISH VER. IS AVAILABLE [HERE](https://forms.gle/jgD85twS8didFVpD8)

<https://forms.gle/jgD85twS8didFVpD8>



### THE SURVEY IN JAPANESE VER. IS AVAILABLE [HERE](https://forms.gle/bfvrJEsjDBu7Qn3A8)

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