

Pediatric**11.10.2017 14:00-15:30h****North Hall****S90: Sleep across cultures in young children from around the world****Summary**

Sleep practices and habits differ across the globe and they are greatly influenced by cultural backgrounds, traditions, environmental conditions and the sleeping location (surfaces used for sleeping). These aspects do not only influence bedtimes, but also have a bearing on the duration and regularity of sleep. The changing lifestyles in modern society has also significantly influenced our sleep timings and patterns. It has been described that sleep habits and practices vary across the world and amongst different groups in each region. It is important to understand the varying sleep practices across cultures to better appreciate the cultural and other factors that impact on sleep habits. Health and performance are highly dependent upon sleep and rest, especially in children. This symposium is aimed at evaluating the sleep cultures in young children across the world. We will be delving on how these different practices influence a child's growth, development and behavior. The symposium will also capture the differences and similarities that exist in sleep behaviors in Asian children and Caucasian children. Finally, the symposium will touch upon the aspects of snoring and other sleep-related disorders in children.

Learning Objectives

Upon completion of this CME activity, participants should be able to:

- Recognize the cultural influences on sleep patterns and practices in young children
- Assess the impact of sleep practices on the child's growth and development
- Apply the knowledge in providing sleep advice for young children to promote health for the child, while keeping in mind the cultural factors

Target Audience

General practitioners, sleep researchers, sleep medicine physicians, pediatricians, sleep technicians, pediatric neurologists, child and adolescent psychiatrists and pediatric nurses

Chair:

D. Goh (Singapore)

	Introduction D. Goh (Singapore)	14:00-14:05 5min
	Sleep outcomes in young children from around the world J.A. Mindell (United States)	14:05-14:30 25min
	Sleep habits and practices across Asian and Caucasian young children D. Goh (Singapore)	14:30-14:55 25min
	Snoring and sleep-related breathing disorders across cultures A. Li (Hong Kong)	14:55-15:20 25min
	Question and answer D. Goh (Singapore)	15:20-15:30 10min