VUB-IWT study on the impact of sleep behavior on sleep/wake patterns and daytime functioning

Engl. transl.: VUB-IWT study on the impact of sleep behavior on sleep/wake patterns and daytime functioning.

# Details

## Year

2013

## Scope

Local

## Countries

Belgium

## Type

Empirical research – Quantitative

## Methodologies

Survey

## Researched Groups

Children

## Children Ages

## Funder

VUB/IWT

## Funder Types

## Has Formal Ethical Clearance

# Goals

The aim of this cross-sectional study was to investigate the influence of media use in the hour before bedtime on sleep/wake patterns and daytime functioning among adolescents and to examine the moderating role of parental control.