



children



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Sleep Health in Infants, Children and Adolescents

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Message from the Guest Editors

Dear Colleagues,

Sleep is important to all of us. Without proper sleep, we quickly become grumpy, have trouble concentrating, and have increased reaction times. If sleep problems worsen, so do the symptoms of sleep deprivation: impulsive behavior, impaired judgement, or even hallucinations, to name just a few. What is *healthy* sleep, though? How does it develop over the course of our lives?

The focus of this Special Issue is on healthy sleep and its prerequisites in infants, children, and adolescents. It will provide not only the latest insights into the physiology of sleep at different ages, but also into relevant psychological and sociocultural concepts, such as temperament, attachment, parenting style, and individualistic versus collectivistic society. A link will be made between sleep practices in our early lives, and the development of sleep as we go into adolescence. The knowledge gathered here can support healthy sleep development in children of all ages, improving both short- and long-term outcomes for both them and their families.



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Special Issue