

TV viewing time linked to sleep duration in children

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(HealthDay)—For children, television viewing time is inversely associated with sleep duration, according to a study published online March 10 in *JAMA Pediatrics*.

Marcella Marinelli, Ph.D., from the Center for Research in Environmental Epidemiology in Barcelona, Spain, and colleagues examined the correlation between hours of [television viewing](#) and sleep duration in a cohort of 1,713 [children](#). Parent-reported television viewing duration and sleep duration were measured in hours per day for children from Menorca (at ages 6 and 9 years) and Sabadell and Valencia (at ages 2 and 4 years).

The researchers found that children with longer periods of television viewing at baseline (≥ 1.5 hours per day) had shorter sleep duration in cross-sectional analyses. In longitudinal analyses, a reduction in sleep

duration at follow-up was seen for children with reported increases in television viewing duration over time (from

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