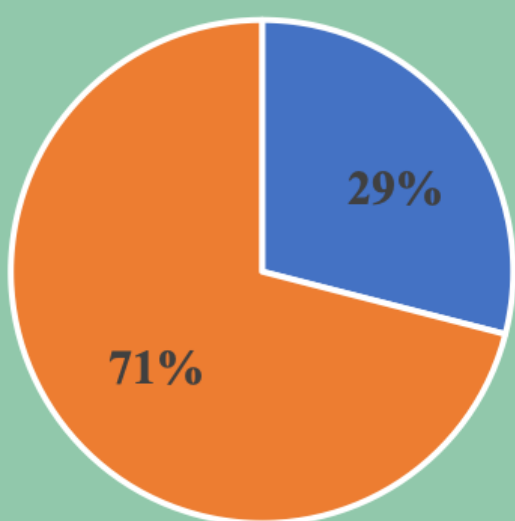


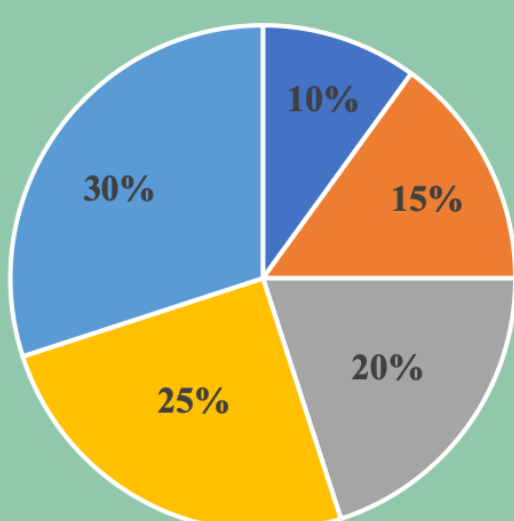


SLEEP PROBLEMS AT CCMHC

Preschool Sample (N=94)



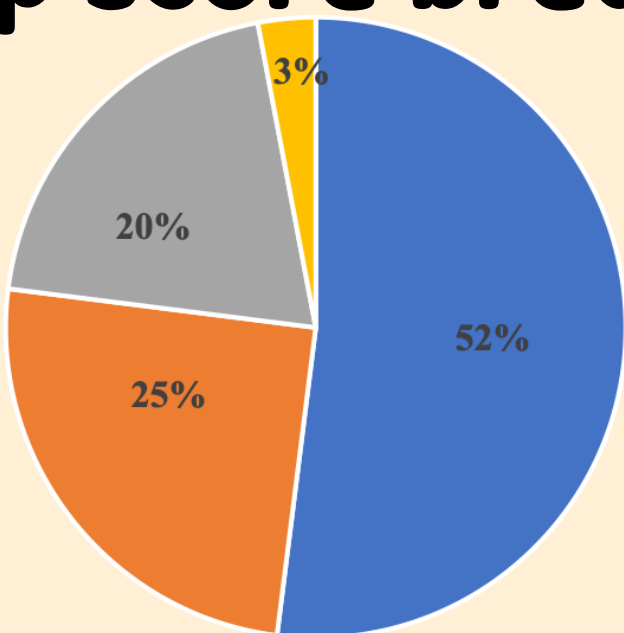
Gender



- One-year-old
- Two-years-old
- Three-years-old
- Four-years-old
- Five-years-old

Age

Sleep score breakdown



- No sleep problems
- Some sleep problems
- Sleep deprivation
- Severe sleep deprivation

As sleep problems increase...



Aggressive behaviour towards others.



The ability to adjust to life's changes and transitions.



Caregivers knowledge about child's needs and strengths.



However, caregivers understanding of how their behaviour influences their child.



Surprisingly....

Anxiety and depression were not correlated with sleep in this sample.