Abstract

Aim: The purpose of this study was to evaluate whether there was a difference between the reports of parents and primary school children in the age group of 9-10 and 11 years in terms of sleep characteristics or not.

Methods: This research was a descriptive-cross sectional study. Total 615 students and their families constituted study group of research. In the evaluation of data, spearman correlation and wilcoxon, chi-square analysis and Phi coefficient calculation was utilized.

Results: The difference between the statements of students and their parents regarding the sleeping and wakeup times and sleep problems / characteristics was found to be significant and the consistency between the statements was low in this study.

Conclusion: It could be recommended for school nurses to be more careful and questioning while evaluating the sleep characteristics of especially younger students.

Key Words: children, sleep, comparison, school nurse