

Original Article

**The Sleep Habits of Children Aged 9 to 11 Years Old in Northwestern Turkey: A comparison of the Parents' and Children's Views**

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**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, comparasion, school nurse