

## ABSTRACT

### BRIEF EDUCATIONAL INTERVENTION TO IMPROVE PARENTAL KNOWLEDGE OF CHILD SLEEP

**Background:** Adequate sleep is important in young children and parents play a vital role in establishing healthy sleep habits. Educational interventions targeted towards parents' knowledge are simple and cost-effective ways to bridge information gaps and improve sleep in young children.

**Objective:** To determine the effectiveness of an online educational intervention on parental knowledge of child sleep.

**Design:** Quasi-experimental study.

**Setting:** Conducted online, utilizing a novel way of providing health education.

**Subjects:** 181 parents of children aged 3-5 years' old participated. Parents' mean age was  $32.44 \pm 6.37$ , 90% were mothers and 97% attained college level. Children were 49% male and 51% female, with a mean age of  $4.92 \pm 0.82$  years.

**Methodology:** Parents recruited online through advertising in social media platforms completed two surveys given before and after watching a 4-minute video containing information on healthy sleep.

**Statistical analysis:** Demographic profile of the parent and the child were analyzed using descriptive statistics. Comparative analysis between pre and post-intervention parental sleep health beliefs and level of sleep knowledge were done using paired t-test.

**Results:** There was a significant improvement in the parents' level of sleep knowledge ( $p$  value  $<0.01$ ) and an overall increase of scores by 1 point, but no significant change in the parents sleep health beliefs after watching the video intervention ( $p$  value  $>0.05$ ).

**Summary/Conclusion:** A simple, brief, 4-minute video about healthy sleep in children can be used to easily and quickly disseminate information to parents. With the shift in delivery healthcare from face-to-face to online consultations, the use of the video as an intervention is ideal and it provides an opportunity to reinforce sleep education in parents.

**Keywords:** *Educational intervention, healthy sleep, child's sleep, parental knowledge*