

---

# Pediatric Sleep Health: It Matters, and So Does How We Define It

## Date:

Jun 2021

[Visit Article](#)

In 2014, Buysse published a novel definition of sleep health, raising awareness for the importance of this construct for individuals, populations, clinical care, and research. However, the original definition focused on adults, with the recommendation that it should be adapted for children and adolescents. As children live within a complex and dynamic system, and may not always have control over their own sleep, this theoretical review will examine and apply Buysse's five dimensions of sleep health within the context of pediatrics. In addition, using examples from the pediatric sleep literature we introduce a modified definition that takes into consideration the influence of the socio-ecological system within which children live, and the sleep-related behaviors that are critical in supporting or hindering sleep health. Finally, we discuss how the proposed theoretical framework, Peds B-SATED, can be applied to clinical practice, research, and training in the field of pediatric sleep.

## Journal:

[Sleep Medicine Reviews](#)

Authors:

Meltzer LJ, Williamson AA, Mindell JA

## Related Content

[Sleep Problem Trajectories and Cumulative Socio-ecological Risks: Birth to School-age](#)

[Early Childhood Sleep Intervention in Urban Primary Care: Caregiver and Clinician Perspectives](#)

[Benefits of a Bedtime Routine in Young Children: Sleep, Development and Beyond](#)

[Socioeconomic Disadvantage and Sleep in Early Childhood: Real-world Data from a Mobile Health Application](#)

[What Sleep Health Means for Kids in 200 Words](#)