



## The Effect of Children's Sleep Pattern On Creativity

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### ABSTRACT

**Aim:** sleep is a state of unconsciousness when a person can still be awakened and given sensory stimulation. The purpose of this article is to analyze the literature, essays and processing of research results that discuss the effect of children's sleep on creativity. The sample used is a research journal with the topic of children's sleep patterns or creativity according to the criteria of the selected journal, namely: 1) children's sleep patterns 2) children's creativity 3) respondents are children aged 5-6 years. The method in this type of research is literature review. References are in the form of primary articles of approximately 20 articles from 15 national journals with the last 5 years and international journals with the last 7 years quality, accredited and reputable. **Results and Discussion:** namely: sleep is a state of unconsciousness when a person can still be awakened and given sensory stimulation. As for the factors of sleep, namely: a comfortable state requires sleeping in a moment, while a state of whisper, noise, noise will cause individuals to have difficulty sleeping. Sleep disorders experienced by children, one of which is that children experience stress because they are not able to express emotions. Children aged 3-4 years will experience higher stress than children aged 5-6 years. Difficulty sleeping that preschoolers encounter, namely: increasing the frequency of waking up at night. Sometimes awake in the evening. This can result in drowsiness, fatigue and easy sleep in the middle of the day. This will have an impact on the sleep cycle where the child is weak, unable to concentrate, thus hindering children from creating creativity. In developing children's creativity, it can be developed with various media using plasticine, lego, collage, and inviting children to play applications. And methods that can be used to develop creativity include inquiry methods, project methods, and drama. The method used above has the benefit that children can explore their creativity and dive directly according to their experiences, children can also contribute to children's vocabulary, social, cognitive. To develop creativity, teacher children are expected to accompany and provide support to children. The conclusion is that children's sleep patterns can affect creativity. In developing creativity, various learning methods and media can be used.

### KEY WORDS

children's sleep patterns, children's creativity

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## INTRODUCTION

Education has a tremendous contribution to ensure the progress of Indonesian children. The success of a culture is related to the cultural system to identify, assess, use human abilities. This situation is in series with the educational capacity that is distributed to the nation to students. The learning objective is usually to organize conditions that require students to develop their talents and abilities to the maximum. Early Childhood Education based on Law NO. 20 of 2003 regarding the domestic learning system part 1, chapter 1,

Early Childhood Education is a form of learning that focuses on laying the principles towards progress and physical growth, harmonization of fine and gross motor skills, intelligence, mental power, creativity, intelligence, emotion, spiritual intelligence, social emotional, attitudes and behavior and religion. , language and communication in accordance with the uniqueness and stage of progress that the child goes through. The direction of early childhood education is to develop a variety of children's potentials and as a preparation for healthy living and being able to position themselves with the surrounding environment by training quality Indonesian students, where children will grow and develop according to their growth rate and have optimal readiness to enter basic learning, and reduce life in adulthood. Many things can improve children's development, one of which is internal and external aspects. The internal aspect is a factor that starts with oneself. And external aspects, namely factors that come from outside, namely family and society. Thus,

one of the internal factors that exist in children is rest. Rest that children can do is sleep. Resting allows the child's limbs to rest from the fatigue of activities that the child has done.

According to Jauziyah (2012) sleep is a state when the body's natural heat is inactive so that the body needs to rest. There are two kinds of sleep, namely natural sleep and unnatural sleep. Natural sleep is resting the body, namely the senses and heart movements. And unnatural sleep (complicated sleep) occurs as a result of an accident that makes it difficult for people to wake up. The noblest way to sleep is to stand on the right side of the body. With the stomach position slightly tilted to the left so that the nutrients in the stomach are in a good position. The worst sleep model is sleeping on your back. But just resting while on your back is not dangerous, as long as you don't sleep.

According to Imam (2009) Sleep is an important process in the human body, because during sleep there is a healing process which functions to erase the mental state of its initial condition. Because of that the body becomes tired. When the sleep system is blocked, the body's cells do not work optimally. As a result, someone who has limited sleep will quickly tire and experience memory loss. And even more dangerous, a little sleep causes the aging process to occur faster. Sleep capacity must be considered, sleep capacity is not related to the amount but is concerned with meeting the body's needs. Individuals need different sleep times, some need approximately 10 hours and only 6 hours. But based on health regulations, the importance of sleep for children is 8 to 10 hours, whereas for adults it takes 6 to 8 hours of sleep. The parameter of adequate sleep



duration is the body when you wake up, if you feel good after waking up, it means that we have had enough sleep. Conversely, if the body still feels sluggish when you wake up, it means that you are not sleeping enough. It is better if the sleep period is better regulated so that you get enough rest duration. If you are not getting enough sleep, it is important to use antioxidants. In addition to stemming the aging process, antioxidants also mean that it will increase endurance. It is better if the sleep period is better regulated so that you get enough rest duration. If you are not getting enough sleep, it is important to use antioxidants. In addition to stemming the aging process, antioxidants also mean that it will increase endurance. It is better if the sleep period is better regulated so that you get enough rest duration. If you are not getting enough sleep, it is important to use antioxidants. In addition to stemming the aging process, antioxidants also mean that it will increase endurance.

One of the studies conducted by Rini and Nuri (2006). Most children have a normal sleep model, but 15-30% of children face difficulty sleeping during childhood. And can be continued at the age of toddlers and school age, it can trigger sleep problems. Sleep problems in children can affect the child's personality and feelings, cause children to fall asleep at midday, can reduce children's care at school, fatigue, reduce physical activity, children become irritable habits, often disrupt spontaneously, can reduce children's conscious capacity, sometimes children become fussy and even make child temper tantrum. Thus, this disturbance, it is necessary to obtain the most

efficient solution for handling the problem, namely: undertook improvements in the method of obtaining regular sleep initiation from the onset of activity. Sleep disorders that are often encountered are: problems starting to sleep, problems getting out of sleep and waking up to sleep in the evening but not being able to go back to sleep. The situation is listed besides disturbing and causing problems for parents.

The habit of sleeping problems for children is approximately 30% -35%. In Beijing, China has a sleep problem habit that is often experienced by children aged 2-6 years as much as 23.5%. There are times when sleep problems in children are not detected by parents and are not handled accurately. Complaints that are often conveyed by parents are chaotic sleep habits of children, lack or excess of sleep time, children awake in the evening, and sleepiness in the middle of the day.

According to Wahyudin (2007) creativity is the expertise to produce something new and original in the form of ideas and tools, and more specifically, the ability to get something new (inventiveness). As stated by Munandar (1988), there are two elements of creativity, namely: elements of aptitude and non-aptitude. aptitude elements, which are related characteristics using appropriate understanding of opinion: ability to speak easily, namely the ability to issue opinions, replies, handling events, or problems. The ability to say flexible, which is skilled at creating responses, or various problems while observing problems from, and seeing problems from different perspectives. Original thinkers,



namely the ability to produce new, unique, original expressions. Proficiency in detailing, namely the ability to grow and reproduce, and the specification of opinion. Appraisal skills, namely the skills to decide on evaluations and to choose problems, designs, activities. While the elements of non aptitude are uniqueness related to behavior or feelings, motivation or enthusiasm from within to do something such as curiosity, fantastic personality, feeling against, dare to take risks, and respect.

According to Hurlock (1978) there are two factors that influence and inhibit creativity, namely: useless social behavior, because this action can impact peers, parents, and educators. And conditions that are useful for fostering student creativity need to be held at the beginning of a child's life. In addition, Hurlock also explained that there are actually some conditions that can be used to foster children's creativity, namely: First, allocate a time as wide as the width of it to students to play a role in using ideas with ideas and concepts. Then the child proves the new form in the original. Second time alone, it is like Singer said that "Children need time and opportunity to separate themselves to grow a fantastic life". The three suggestions of children must always receive creative pressure or stimulation, and must also be open through criticism and comments that are always discussed. The four facilities, or places to play, are available to encourage children to experiment and explore, which are the most important elements in helping create creativity. The five conditions are conducive, such as the condition of home schools and the community that need to arouse children's

creativity by sharing education and encouraging children to take advantage of existing facilities to encourage their creativity. The sixth link between parents and children is not jealous, father and mother who do not restrain will encourage students or a place to play available to arouse children to experiment and explore which is the most important element in helping create creativity. The five conditions are conducive, such as the condition of home schools and the community that need to arouse children's creativity by sharing education and encouraging children to take advantage of existing facilities to encourage their creativity. The sixth link between parents and children is not jealous, father and mother who do not restrain will encourage students or a place to play available to arouse children to experiment and explore which is the most important element in helping create creativity. The five conditions are conducive, such as the condition of home schools and the community that need to arouse children's creativity by sharing education and encouraging children to take advantage of existing facilities to encourage their creativity. The sixth link between parents and children is not jealous, father and mother who do not restrain will encourage students will learn to believe and persist. The seven rules guide students as democratic and open, at home and at school will increase the creativity of students. The eight opportunities to gain understanding, so the more memories the students get, the more creative products are obtained.

According to Yeni and Euis (2010) there are several problems in developing children's creativity, namely: personal barriers, models



for educating children, learning methods, background and culture. The creativity of children in school can increase if the teacher is more democratic in teaching, that is, the teacher respects the child's ability, gives the child the opportunity to exercise strengths and express ideas. Educating children in a democratic manner can increase children's creativity, where teachers can play an active role in finding conditions that help students' minds through the behavior of assessing and seeing the presence of students, welcoming students, and staying away from authoritarian behavior without allowing children to embody the concept of creativity. As the organizer, the teacher shares facilities and enthusiasm for advancing children's creativity. The teacher does not convey notes, but provides help and encouragement. The teacher should step in regarding the child's ideas expressed by the child. Children should freely express unusual opinions, unreasonable opinions, and authentic ideas. In this way, it is imperative that teachers advance the thought process not only about existing data, but also about opportunities that are candid, arousing imagination and creativity.

When the researcher made observations at Tk Usaha Tama in Magetan Regency, the researcher found that there were some children who had low creativity, this was evident when the children took drawing lessons the children were still imitating the pictures taught by the educators without making new pictures. The children's knowledge about the actual thing that is guided by the teacher, for example the teacher mixing red and yellow, some children are not

enthusiastic in following it. In following the process of learning to express ideas, children still do not appear, such as the example of the teacher asking questions about the benefits of toothbrushes apart from preventing cavities, the child has not been able to answer and the child does not have the courage to explore such as playing puzzles, some children cannot solve it.

Based on the framework of the problem, the author is encouraged to conduct a study of "The Effect of Child Sleep on Children's Creativity in Group B Schools in TK Usaha Tama, Magetan Regency"

## RESEARCH METHOD

Reviewer describes secondary research, literature type review. Which means the study is in the form of notes (making or removing) from studies that have been carried out with a certain core and problems for the field originate from scientific sources. Literature studies can be obtained from sources both journals, books, documentation, internet and literature. The literature study method is a series of activities related to the technique of collecting library data, reviewing and imitating, and arranging recording material (Sugiyono, 2016). The type of literature review preparation focuses on the results of the arrangement related to the theme or compilation variables.

The information used in this study originates from the results of studies that have been carried out and published in domestic and foreign online journals. In conducting the study, the reviewer conducted an examination





of research journals published on the internet using the search engines ProQuest, PubMed, Research Gate, SagePub and Schoolar with keywords: children's sleep patterns and creativity.

Variable independent is a child's sleep pattern. While the dependent variable is children's creativity. Population is all journals related to children's sleep patterns. Samples are all research results related to sleep patterns and children's creativity according to the criteria according to the criteria of the selected journal, namely: 1) children's sleep patterns 2) children's creativity 3) respondents are children aged 5-6 years

References in the form of primary articles of approximately 20 articles 15 journals

national journals with the last 5 years and international journals with the last 7 years quality, accredited and reputable.

Literature review begins using written materials that are consistently followed from those that are highly relevant, relevant and worthy of relevance. Then understand the essence, each journal at the beginning to convey an evaluation supposing that the problem being studied matches the one that will be resolved in a journal. Write down the main parts and their relevance to the assessment problem. To protect against becoming entangled in the tracing component, the reviewer should write down the source of the information and record a bibliography. Suppose that the information really comes from the opinions or the results of other people's studies. Doing writing, snippets, or explanations that are concurrently structured to compile so that writing is easy to check again

if at any time needed (Darmadi, 2011 in Nursalam,

To further clarify the summary analysis and full text of the journal are understood and observed. Finally, the summary of the journal is made of analysis of the contents found in the purpose of the assessment and the findings of the assessment. The analysis method used is journal analysis.

Factors that influence sleep patterns in children undergoing hospitalization in the inpatient room for children RSD. mayjend.hm. ryacudu kotabumi in 2016. (Mariani, Rina, 2019)

The results of disturbed sleep patterns while undergoing hospitalization, namely: feeling physical abnormalities, disturbing places, experiencing emotional stress. Aspects related to the sleep of children undergoing hospitalization are physical and physical abnormalities. And the stress aspect for mental stress factors has nothing to do with the sleep of children suffering from hospitalization.

The level of anxiety in preschool children who experience hospitalization is related to changes in sleep patterns in RSUD Karanganyar (Wahyuni, Anggika, 2019)

These results indicate that there is a relationship between the level of anxiety in preschool children who are hospitalized and changes in sleep patterns at the hospital Karanganyar.

**The relationship between hospitalization anxiety and changing patterns sleep in preschoolers in the room asterrs tk. ii dr. ak. gani Palembang 2015 (Setyanigrum, Siti Nur Rizky, et al ,2017)**



This study shows that in the control team there are 70% of respondents who found a reduction in sleep problems with sleep disorders but that does not mean that 30% of respondents did not experience a reduction in sleep problems. On the admissions team, the results prove 100% of respondents found a reduction in sleep problems.

**The influence of fairy tales on changes in sleep disorders of preschool children due to hospitalization in hospitals (Setyanigrum, Siti Nur Rizky, et al ,2017)**

This study, reading fairy tales of preschool children before bedtime can support reducing the problem of hospitalization impact.

**Fairy tales improve the sleep quality of school-aged children who are hospitalized (Kristanti, Ari, et , 2018)**

The results of the study found that hengeng can be applied in hospitals as an alternative to add child's sleeping capacity.

**Effect of sleep hygiene therapy on sleep disorders in school-age children undergoing hospitalization (Daughter, Shindy Anggreini, et al, 2015)**

The conclusion of this study is that there is an impact of sleep hygiene treatment on sleep problems for school-aged children who are hospitalized.

**The Influence of Nap on the Intelligence Level of Healthy Sense of Children aged 3-5 Years at Tk Zainul Hasan Genggong Probolinggo (Rahawati, Yulia, et al, 2019)**

It was found that the nap had an impact on the intelligence and common sense of children aged 3-5 years at Zainul Hasan Genggong Kindergarten, Probolinggo.

**Sleep and adiposity of children 2-6 years of age (Xiu, Lijuan, 2020)**

There was no difference between children at high risk having a greater increase in BMI than children at low risk

**Effect of outdoor play and finger painting activities against early childhood creativity (Hasibuan, Rahma, et al, 2016)**

Based on the research results, finger painting activities have an effect on children's creativity in TK Tunas Harapan group B in Lamongan Regency, it is proven that the group taught using finger painting has better creativity than the group that is not taught using finger painting.

**The Effect of Soap Dough Playing Activities on Children's Creativity Development in Raudhatul Athfal 03 Ishlahul Ummah Kota Sawahlunto (Yulsoyofriend, et, al, 2019)**

The results of this study playing soap dough is effective to be applied in RaudhatulAthfal 03 Ishlahul, especially in the development of children's creativity.

**Increased creativity through inquiry learning methods (Padilah, 2018)**

The results showed that the Inquiry Method could increase children's creativity compared to learning that focused on facilitators and emphasized reading, writing and counting,



without conveying opportunities according to the child's age stage.

**The effect of color corn husk collage activity on kindergarten children's creativity (Prasetyani, Dwi, et al, 2019)**

The results showed that there was an effect of warrants corn husk collage activity on children's creativity. Because it can convey the skills to children to imagine according to their skills and increase the child's skill in sticking corn skin colors into patterns, combining colors and children's skills to create cutting-edge jobs.

**The effect of playing plasticine on the creativity of children aged 5-6 years in terms of playing according to individuals and groups (Dynna Wahyu Perwita Sari, 2019)**

From the results of the data analysis, the difference test value is 0.915. This means that there is no effect of playing plasticine on the creativity of children aged 5-6 years in terms of playing individually and in groups.

**The implementation of collage activities using sawdust to the development of children's creativity in Paud Pasia Mutiara Padang (Nofriyanti, Yelva, et al, 2019)**

The results of the study showed that through collage activity using wood powder can foster children's creativity.

**The effect of playing plasticine on the creativity of children aged 5-6 years in terms of playing according to individuals and groups (Susilawati, Indria, et al, 2018)**

The results of this study indicate that there is an influence on the creativity of early

childhood. The use of lego makes a game that can encourage children's fantasies because through lego intermediaries build children's creations so that they can increase their creativity.

**Play and creativity in the use of applications by children (Jackie Marsh, et, al 2018)**

The findings indicate that children this age use a variety of applications, some of which are not aimed at their age range. Such app design features can lead to support or inhibition of play and creativity. This study makes an original contribution to this area because it offers an account of how apps contribute to the play and creativity of children five years of age and under.

**Teacher-directed versus child-centered: a challenge to promote creativity in Chinese preschool classrooms (Rebecca Hun Ping Cheung, 2017)**

The results of this study broaden the understanding of the nature and manifestations of creative practice and the issues of appropriateness of creative pedagogic practice in Chinese school settings.

**Family Socio-Economic Status and Parent-Child Relationships with Social Creativity of Elementary School Children: The Role of Mediation in Personality Characters (Zhang, Dongjing, 2018)**

There was a significant difference in creativity scores total variable ( $F = 4.73, p < 0.01$ ), initiative ( $F = 1.13, p < 0.05$ ), problem solving ability ( $F = 1.18, p < 0.05$ ), aggressive





determination ( $F = 1.00$ ,  $p < 0.05$ ), and excellence ( $F = 1.61$ ,  $p < 0.01$ ). The post-hoc test further demonstrates: creativity the total variable of class X students was significantly higher than the fourth grade students ( $t = 0.08$ ,  $p < 0.05$ ) and the sixth grade students ( $t = 0.10$ ,  $p < 0.01$ ); The initiative of fifth graders was significantly higher than that of sixth grade students ( $t = 0.14$ ,  $p < 0.01$ ); The persistence and strong drive of the fifth grade was significantly higher than that of the sixth grade students ( $t = 0.12$ ,  $p < 0.01$ ); The problem solving ability of class X students was significantly higher than that of fourth-level students ( $t = 0.08$ ,  $p < 0.05$ ); The superiority of grade six students was significantly lower than grade four students ( $t = -0.10$ ,  $p < 0.05$ ) and class 5 students ( $t = -0.16$ ,  $p < 0.01$ ).

#### **The Role of Creative Drama in Increasing Creativity for 4-6 Years (R, Amini, et al, 2017)**

The results showed that creative drama significantly increased the creativity of children aged 4-6 years.

#### **Early childhood creativity development through project methods (Windasari, et, al, 2016)**

The results of this study concluded that through the project method within 4 consecutive days that the project method could increase creativity.

## **RESULTS AND DISCUSSION**

All of these articles were sampled for research. All samples of this study are quantitative assessments. Using a variety of

research methods using cross sectional research methods, descriptive correlation research design and research design pretest posttest control grub, pretest posttest control. Some use Quasi-experimental design, survey, quantitative, design, cross section, case study.

The population used in these 20 articles is children aged 1-7 years. The total number of respondents used is in the range 15-351 respondents. The data collection techniques used in these 20 articles are: observation, questionnaires, documentation, using data.

### **1. SLEEP PATTERN**

All research articles selected to be the research sample consist of 20 articles. There are 8 articles that discuss sleep patterns. There are 2 articles that discuss the relationship between hospitalization anxiety and sleep patterns. And 2 articles that discuss the effect of sleep disorders on children who experience hospitalization.

The article written by Mariani, Rina (2019) discusses aspects that impact the sleep patterns of children who experience hospitalization, namely: physical illness. According to Potter and Perry (2010), there is discomfort caused by the disease they are experiencing and due to medical action. The discomfort of children undergoing hospitalization in the hospital is caused by physical illness

because the child has not been able to express the pain or injury he is experiencing. According to Judarwanto (2000) children aged 6 months to 2 years and over often experience sleep disturbances due to body abnormalities. These results are in accordance with research conducted by Citra (2015) at Metro Hospital



discussing aspects related to children experiencing hospitalization. The results show that there is a relationship between aspects of physical disorders related to the sleep patterns of children experiencing hospitalization.

Furthermore, the factors that have an impact on sleep patterns are place. According to Mubarok and Cahyatin (2007) the place factor can inhibit and help the sleep pattern process. A quiet place allows for a deep sleep whereas, a place that is whispered, noisy will cause a person to have difficulty sleeping. The discomfort of children undergoing hospitalization is due to the enormous stress of hospitalization. The source of stress for children is something that is a series of social interactions with their surroundings. There are interpersonal bonds with new people who are new to children so that children feel insecure. These results are consistent with research conducted at RSD. Major General. HM.Ryacudu in 2016. Children who are treated in a hospital with a place that obstructs will have a 4,857 times chance of having their sleep disturbed compared to a place that is disturbing.

The next finding is an article that discusses the relationship between stress hospitalization and changes in sleep patterns of preschool children written by Agustyaningsih (2017) that children who are stressed in undergoing hospitalization are caused by: age according to Simon (2014) children at school age often experience stress because children find it difficult to express emotions. Fear and anxiety will make children develop stress more quickly. Preschool children aged 3-4 years will experience a higher level of hospitalization stress than children aged 5-6 years because the

basic emotional expressions of children aged 3-4 years are lower than children aged 5-6 years. Furthermore, gender in the study conducted by Cook and Cook (2014) girls usually have a slower adaptation mechanism in the hospital environment. Meanwhile, boys are quicker to explore new spaces and adapt to pleasing boys to make friendships faster than girls. Next is the waiting factor. According to Nursalam et al (2008), the presence of parents waiting for their children to undergo hospitalization can reduce stressors due to separation and invasive stressors because the child feels alone and feels protected while undergoing hospitalization. Supartini (2015) suggests that hospitalization experiences can provide positive and negative experiences with children's responses. Happy children's experiences. The children will feel they have made new friends, get lots of gifts, get to know the medical staff.

In the findings of the next article, namely discussing the level of anxiety of children experiencing hospitalization written by Wahyuni (2016). Panic is related to feelings of uncertainty and also helplessness Kusumawati (2010). According to Nursalam (2008) the triggers for children experiencing hospitalization in the hospital are influenced by many aspects, namely carers, doctors, and other medical personnel, new places, as well as families who accompany them while undergoing hospitalization at the hospital. The higher the level of anxiety experienced by the child will get a bad sleep pattern, conversely if the child has a low level of anxiety the child will get a good sleep pattern. This is also stated by Ratna (2012) which states that someone who



experiences sleep disorders will cause individual anxiety to become more frequent and fail if they cannot sleep. People who are anxious will do their best to sleep but will often wake up during sleep. This is due to a lot of burden and feeling uncomfortable. In addition, anxiety can cause sleep frequency, because in anxious condition it will increase blood norepinephrine through the sympathetic nerve structure. As a result of anxiety also mentioned by Supatini (2004) that children who undergo hospitalization in the hospital, will lose their place where they feel pleasant and full of love. And also the child must leave the house he knows, games, and classmates. People who are anxious will do their best to sleep but will often wake up during sleep. This is due to a lot of burden and feeling uncomfortable. In addition, anxiety can cause sleep frequency, because in anxious condition it will increase blood norepinephrine through the sympathetic nerve structure. As a result of anxiety also mentioned by Supatini (2004) that children who undergo hospitalization in the hospital, will lose their place where they feel pleasant and full of love. And also the child must leave the house he knows, games, and classmates. People who are anxious will do their best to sleep but will often wake up during sleep. This is due to a lot of burden and feeling uncomfortable. In addition, anxiety can cause sleep frequency, because in anxious condition it will increase blood norepinephrine through the sympathetic nerve structure. As a result of anxiety also mentioned by Supatini (2004) that children who undergo hospitalization in the hospital, will lose their place where they feel pleasant and full of love. And also the child must leave the house he

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According to Wahyuni (2016), to foster children's sleep patterns, namely reducing children's anxiety levels, parents can always accompany children when carrying out treatment in the hospital.

Furthermore, the article that discusses the sleep disturbance of children undergoing hospitalization according to Hidayat (2008), the sleep barrier found by preschoolers is: increasing the frequency of waking up at night. Frequent waking at night results in fatigue, drowsiness, and easy to fall asleep at midday. This will have an impact on the sleep cycle where the child is weak, unable to focus so that it will hold the treatment process so it is recommended that parents maintain the quantity of their child's sleep. According to Hurlock (2007) sleep quantity is the time spent doing sleep activities in a day to treat a person's condition. This is related to the importance of human sleep holding with the rate of increase. Preschoolers need around 7-8 hours of sleep. Meanwhile, according to Lestari (2018), the average sleep of school-age children requires 12 hours a night, this also depends on the level of development of the



average sleep. Sleep quantity is influenced by several factors, namely: disease, medicine, nutrition, environment, motivation and exercise. According to Lestari (2018) the quantity of sleep consists of several factors, namely the time needed to sleep, the length of sleep, the frequency of waking up, and subjective factors such as sleep depth and satisfaction. A good quantity of children's sleep can also reduce sleep problems in children who are undergoing hospitalization. Another action that can be done is play therapy. There are several ways that can be done, namely by storytelling techniques. What teachers can do is by way of storytelling. According to Haven (2000) storytelling is the art of storytelling using language, vocalization, physical activity and certain cues to trigger parts of the story to the audience. Storytelling is a fun and interesting activity so that it supports children to neglect negative feelings for a moment so that children can fall asleep soundly. Hedo and Sudhana (2014). This is also in accordance with Katinawati (2012) that storytelling is useful as a medicine to cure pain because by telling stories we bring a different atmosphere. exciting. By telling stories to optimize encouragement, suggestions and a little complacency to encourage children who do hospitalization in the hospital to get better soon. This can be told by storytelling which has an effect on reducing sleep problems significantly.

Another way that can be done is with hygiene sleep therapy. According to Potter and Perry (2005), sleep hygiene therapy has the same basis as storytelling therapy. Hygiene sleep therapy builds habits that include activities before bedtime as an initial

preparation for treating insomnia. Sleep hygiene refers to activities that can be done to provide sleep initiation and wakefulness. Contains components that make up the natural will of sleep and things that disrupt sleep. Butkov and Lee-Chiong (2007).

In the article discussed by Rahawati (2019) the benefits of napping are: helping metabolism, maintain health, educate the brain, support child development, and increase concentration. This is in accordance with research conducted by Rebecca (2013), where children who had midday sleep were known to be able to answer the test compared to children who were not at midday. Lack of naps can affect the process of developing children's intelligence and attention focus. Rahmawati (2019)

The findings of the next article, which discusses sleep disorders in children who are obese, found that children whose parents are overweight have a risk of obesity 3-10 times higher than children of normal weight people. Sleep characteristics that need attention are: 1) slow sleep 2) long sleep latency 3) low sleep 4) short sleep duration 5) irregular sleep.

Conclusion article that discusses sleep patterns. Sleep patterns have several aspects that affect sleep, namely the place aspect. A comfortable place allows the child to sleep asleep and vice versa, a place that whispers noise causes the child to have difficulty sleeping. In addition, the quantity of sleep is also influenced by disease, medicine, nutrition, environment and motivation. This is in accordance with the theory put forward by Hurlock (2007) that sleep problems are usually related to the level of development, namely



frequent waking at night, this results in fatigue, drowsiness and easy sleep at midday. Preschool aged children need about 7-8 hours of sleep. What can be done to reduce sleep disturbances is by storytelling because storytelling is one of the fun activities and helps children forget for a moment negative feelings so that children can fall asleep soundly.

## 2. CREATIVITY

All research articles selected to be the research sample consist of 20 articles. There are 11 articles that discuss creativity. There are 2 articles that discuss the effect of collage on creativity.

Articles written by Putri, Murfida.dkk (2019) and Sari, Heni.dkk. (2019) discusses the effect of collage on creativity. According to Putri, Murfida.dkk. (2019) argues that creativity spurs several creative aspects, including fluency, flexibility, originality, elaboration, sensitivity.

According to Putri, Murfida.dkk (2019) there are 4 things that can increase creativity, namely: providing mental stimulation, building a conducive environment, the position of teachers in developing children's creativity. In developing children's creativity, there are various ways to develop creativity, one of them is learning media using collages. According to Putri, Murifa et al. (2019) Kindergarten children can be trained to do collage activities using pieces of paper, newspapers, magazines, folding paper, and other things around the residence. Meanwhile, according to Sari, et al (2019), items that children can use when doing collage are items that come from nature, artificial goods, semi-finished goods, or leftovers.

According to Sari, Heni.dkk. (2019) collage works are divided into several aspects, namely 1) according to function, collage is divided into two first, fine art, which is an art creation that is done to meet artistic needs, the goal of creating pure art is to show a sense of beauty. Second, applied art is a creation of fine arts that is created to meet efficient needs. 2) according to the mantra, the collage type is divided into, first, the surface of the 2-dimensional plane (dwimantra) and second, the 3 plane surface (trimantra). Second, nonrepresentative, which is created without showing a visual element composition which is a real abstract form, and displays a visual aesthetic element composition. Based on the collage raw material is divided into 2 natural materials such as leaves, dried flowers, twigs, shells, seeds, egg shells, rocks). As well as synthetic waste materials such as plastic, unused paper, metal, bottle caps, candy or food wrappers, leftover cloth. The tools used in the collage activity are 1) cutting tools such as scissors, knives, cutters, pliers, saws. 2) adhesive materials such as vinyl adhesive, paper glue, white glue, plastic needle glue and thread. While the techniques used are very different, such as: tearing, scissors, cutting, raft, sewing, tie. Collage activities for children, especially in early childhood education, the things that need to be prepared by the teacher are 1) using easy cutting tools such as shunting, but when cutting the teacher accompany the child. 2) the material used by the child should be easy to cut, so as not to make it difficult for the child. examples of materials that are easily cut are: paper, dry leaves, used cardboard. 3) the base of the collage uses thick paper such as





cardboard, duplex it so that the child does not have difficulty sticking. 4) the technique used can be linked between hand drawings and attachments, for example making a head image for a human figure. Other parts such as clothes, pants, skirts are made with collages. The results of the study found that learning collage in Mutiara PAUD, children could not stick according to their creativity. The factor that becomes the child's difficulty is the element of the child's patience and sincerity. 3) the base of the collage uses thick paper such as cardboard, duplex it so that the child does not have difficulty sticking. 4) the technique used can be linked between hand drawings and attachments, for example making a head image for a human figure. Other parts such as clothes, pants, skirts are made with collages. The results of the study found that learning collage in Mutiara PAUD, children could not stick according to their creativity. The factor that becomes the child's difficulty is the element of the child's patience and sincerity. 3) the base of the collage uses thick paper such as cardboard, duplex it so that the child does not have difficulty sticking. 4) the technique used can be linked between hand drawings and attachments, for example making a head image for a human figure. Other parts such as clothes, pants, skirts are made with collages. The results of the study found that learning collage in Mutiara PAUD, children could not stick according to their creativity. The factor that becomes the child's difficulty is the element of the child's patience and sincerity. children cannot stick according to their creativity. The factor that becomes the child's difficulty is the element of the child's patience and sincerity.

children cannot stick according to their creativity. The factor that becomes the child's difficulty is the element of the child's patience and sincerity.

Article written by Hasibuan, Rachma. Et al (2016) developing creativity can be done by playing outside the room (outdoor) because when children play outside the child is able to find new things that have not been found when the child is playing indoors. This is in accordance with Frederich Wilhelm Froebel's theory that children should be left alone actively to observe things around them using their five senses and provide an atmosphere of freedom and independence so that children are able to develop according to their potential. From the results of research conducted by Hasibuan, Rachma.dkk (2019), there is an effect of finger painting activities with regard to creativity. These results are also supported by the theory of Froebel and Montessori. Froebel's correct way of teaching with methods that provide many opportunities for children to actively work, give birth and create their own initiative. Meanwhile, Montessori freedom is needed so that children can choose what is useful and interesting in all the material offered.

Developing creativity other than outdoors can be done by playing plasticine. In Perwita Sari's research (2013) plasticine is a material made for playing in a classis fun for the child. This is consistent with Howard's research. Jones, et al (2002) some children are provided with plasticine to play plasticine. The results prove that children who play plasticine have better creativity scores than children who do not play plasticine. Playing plasticine can



also be done by playing constructively, where children try to play to form something like a fort, blocks or house shapes drawn with pencil and paper coloring. The materials used for constructive play are block toys and pipe toys and plasticine toys.

Articles written by Rahayu, Bunga.dkk. (2019) one of the media to develop creativity, one of which is the soap dough method because soap can be made according to children's imagination so that it can produce various unique shapes such as flower vases, toy cars, miniature trees, and fruits. Imagination and creativity have no limits, if doing the first try doesn't work, then the next meal will get something better.

The next article discusses the use of applications for creativity. According to Marsh, Jacky.dkk (2018) there are several ways in which digital technology informs games such as using cellphones to pretend digital technology can stimulate imaginative play, such as playing physically based on characters and narratives found in video games.

The next article discusses the lego game of creativity. According to Kartini.dkk (2018) lego is a play tool made of plastic. Activities by playing lego children can develop creativity, hone their fine motor skills. Because by playing lego children can make various objects such as building houses, trains, fish ponds, and tunnels. In addition, the lego game for children can also introduce mathematical concepts, namely about understanding the concepts of weight, light, long, short, big, small, low, high, and children can group shapes and colors.

Furthermore, one thing that can develop children's creativity is through project methods and inquiry methods

The next finding is an article written by Windasari, Wiwik.dkk (2016) that the project method provides opportunities for children to be directly involved and create their own experience. These findings prove that the project method gives children confidence because they can express their id and ideas. This is in accordance with the opinion of Rahmawati (2012) that the project method provides opportunities for each individual or group to improve the abilities and skills they have mastered so that children can realize their creativity.

The next finding relates to the inquiry method. According to Padilah (2018) teaching using inquiry methods can involve children's linguistics and cognitive abilities. Inquiry method activities provide freedom for children to express themselves and their enthusiasm for the learning media used. Inquiry learning is not only to increase creativity but also to contribute to children's vocabulary, social, cognitive. Because the inquiry method can be done in groups so that children's interactions are created. In the activity of the inquiry method the teacher acts as a facilitator, the teacher also provides creative media, in order to produce creative learning. Inquiry method the teacher acts as a facilitator, the teacher provides creative media, resulting in creative and fun learning. Anna Lethonen at. All in his research Promoting Creativity In Teaching Drama. Creative learning can be enhanced through drama. Through drama the teacher provides time and place as creative solutions



and ideas in drama learning. Drama activities can be made good activities to collaborate and increase student awareness.

Article written by Mumini, S.dkk (2017). The creative drama process of children who inherently have less creative thoughts. Many psychologists believe that a child's creativity is in the first place. They believe that creativity comes with imagination. Creative drama activities where children participate and express their needs, wants, and thoughts. This activity provides freedom to improvise which allows imagination and creativity to be expressed. Creative drama can arouse children's imagination and place it to use their imagination and express themselves. In this process the child uses imagination and real experience so that the child can do it.

The next article, discusses the challenges of promoting creativity in Chinese schools. According to Cheung (2017) there are several challenges, one of which is the first challenge, time limitation. When teachers comment they are limited by the amount of time available. Second, a structured curriculum where teachers highlight prescriptive and overloaded curricula can hinder the development of creativity in the classroom.

The next article discusses the economic status of the family in increasing creativity. According to Zhang, Dongjing.dkk. (2018) the presence and absence of financial resources can affect child development outcomes. Therefore, the economic status has a direct influence, namely physical well-being, ideas and attitudes. Empirical studies found that parents with higher status are more likely to provide a positive environment for example

recreation and children from families with lower economic status experience more stress and difficulties due to lack of good educational resources and experience depression and anxiety and other negative emotions.

The conclusion of the article that discusses creativity spurs on several creative aspects, including fluency, flexibility, originality, elaboration, sensitivity. And four things that can increase creativity, namely: providing mental stimulation, building a conducive environment, the position of teachers in developing children's creativity, and also the position of parents in developing children's creativity in increasing creativity can be done by providing mental stimulation, creating a conducive environment, teachers in improving creativity and also the role of parents. This statement is supported by Mulyani (2019) that there are four things that can increase creativity, first, provide mental stimulation, both cognitive and personality aspects of the child as well as the child's psychological state. Second, building a conducive environment this can make it easier for children to access whatever they see, hold, hear, and play with. In this case, it must be understood that it is mental stimulation and creating a conducive environment for walking side by side, like the simultaneous work of the left brain and right brain. Third, the role of teachers in increasing creativity if they want to create creative children, also requires teachers who are creative and able to provide stimulation or stimulation to children. Fourth, the position of parents in increasing children's creativity is very important and should not be ignored. One of the media used to increase creativity is by



using plasticine, collage, finger painting, lego and applications. While the method that can be used to increase creativity is by using the inquiry method. Inquiry method activities provide freedom for children to express themselves and their enthusiasm for the learning media provided. Inquiry learning is not only for developing creativity but also contributing to children's vocabulary, social, cognitive. Because the inquiry method can be done in groups so that children's interactions are created. In the activity of the inquiry method the teacher acts as a facilitator, the teacher provides creative media, thus realizing creative and fun learning. Then the method that can develop creativity, one of which is the project method, which is a method that provides opportunities for individuals and groups to develop the abilities and skills they master. This statement is also supported by Moeslichaton's theory in Rahmawati, Yeni. Dkk (2010) states that the project method is one of providing learning experiences that present daily problems in groups so that they can organize themselves and strengthen friendships, participate in group activities and work together to achieve common goals. And the next method that can be used to develop children's creativity is creative drama activities where children participate and express their needs, wants, and thoughts. This activity provides freedom to improvise which allows imagination and creativity to be expressed. Creative drama can arouse children's imagination and place it to use their imagination and express themselves. In this process the child uses imagination and real experience so that the child can do it.

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## CONCLUSION

From the results of reviewing 20 articles consisting of 8 articles on sleep patterns and 12 articles on creativity. Sleep patterns

It has some musty that affects sleep namely the place aspect. A comfortable place allows the child to sleep asleep and otherwise a whispered, noisy environment causes the child to have trouble sleeping. In addition, the quantity of sleep is also influenced by disease, medicine, nutrition, environment and motivation. This is in accordance with the theory put forward by Hurlock (2007), the quantity of sleep, namely the time needed for sleep problems that are usually experienced by children during sleep activities and to restore individual conditions and relate through developmental levels, namely frequent awakening in the evening, resulting in fatigue, drowsiness and sleep. easy to fall asleep in the middle of the day. In preschool children sleep is needed about 7-8 hours. And for children's creativity. Articles that discuss creativity spur several creative aspects including fluency, flexibility, authenticity, detail, sensitivity. And four things that can increase creativity, namely: providing mental encouragement, creating a supportive place, the function of educators in fostering creativity, and also the role of parents in developing children's creativity in increasing creativity can be done by providing mental stimulation, creating a conducive environment, playing the teacher in enhancing creativity and also the function of parents. The media used to foster children's creativity are: using plasticine,

collage, finger painting, lego and applications. While the method that can be used to increase creativity is by using the inquiry method. Inquiry method activities provide freedom for children to express themselves and their enthusiasm for the learning media used. Inquiry method is not only to increase creativity but also to contribute to children's vocabulary, social, cognitive. Because the inquiry method can be done in groups so that children's interactions are created. In the activity of the inquiry method, the teacher acts as a facilitator, educators provide imaginative tools, so as to realize creative and fun learning. Then the method that can develop creativity, one of which is the project method, which is a method that provides opportunities for individuals and groups to develop abilities and skills. mastered. And the next method that can be used to develop children's creativity is creative drama activities where children participate and express their needs, wants, and thoughts. This activity provides freedom to improvise which allows imagination and creativity to be expressed. Creative dramas can arouse the imagination of children and put them to use their imagination and express themselves.

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