

4th International Conference on Pediatrics and Neonatal Care

July 23-24, 2025 | Paris, France



Dr Trupti Joshi, Dr Akshat Trivedi, Dr Prabha Khaire

Associate Professor Pediatrics, Government Medical College,
Chh. Sambhajinagar, Aurangabad, Maharashtra

EFFECT OF SCREEN TIME ON DURATION & QUALITY OF SLEEP IN CHILDREN

Introduction

Prolonged screen exposure has various adverse effects. Evidence states that it also affects sleep quality and duration. There is limited evidence from the Marathwada region to support the effect of screen time on sleep in children.

Objectives

To quantify the amount of screen time and its association with sleep duration and quality in children.

Methods

A cross-sectional questionnaire-based observational study conducted at tertiary care hospital (November-2022 to July-2024). After institutional ethics committee approval and informed written consent, we enrolled 346 children (2-12 years). Validated tool, Child Sleep Habit Questionnaire-Abbreviated (CSHQ-A) was used to assess sleep quality. Also, validated questionnaire containing demographic details, duration of screen time on weekdays and weekends, and gadgets available at home. The primary outcome was to assess the duration of screen time and its association with sleep duration and quality as per CSHQ-A scores.

Results

The mean age of children was 6.18 (3.06) years and M:F ratio of 1.12: 1. . Average screen time was 2.12 (0.90) hours & 75.72% exceeded the recommended screen time as per the IAP for age. The sleep duration observed was 8.77 (1.3) hours. 88.9% of children had inadequate sleep. The quality of sleep was poor in 98.8% of children with CSHQ-A score >41. There was a weak positive correlation between increased screen time and higher CSHQ-A scores (Pearson correlation:0.184; $p < 0.001$).

Conclusions

Screen time in children exceeded the recommendations by the Indian Academy of Pediatrics. The sleep duration was lesser in children. Moreover, increased screen time was associated with poor sleep quality in children.

4th International Conference on Pediatrics and Neonatal Care

July 23-24, 2025 | Paris, France

Biography

Academic Experience: 17 years

As Researcher:

- Pursuing PhD in Health Professions Education
- Inventor: Patent granted for *Apparatus for positioning respiratory device*
- PG Guide, ICMR STS Project Guide
- National and International Publications
- Reviewer in BMJ, Indian Pediatrics, Journal of Neonatology
- Advisory Board Member of Indian Pediatrics 2023
- Received prizes for Oral Paper presentations at various conferences

Special Interests

Quality Improvement, Faculty & Coach

Pediatric Rheumatology,

Medical education (Advanced Course in Medical Education)

IAP Office bearer 2023, 2024, 2025

Divisional Quiz coordinator, IAP PG Quiz since 2019