

PhD project: Sleep and growth in the first 1000 days

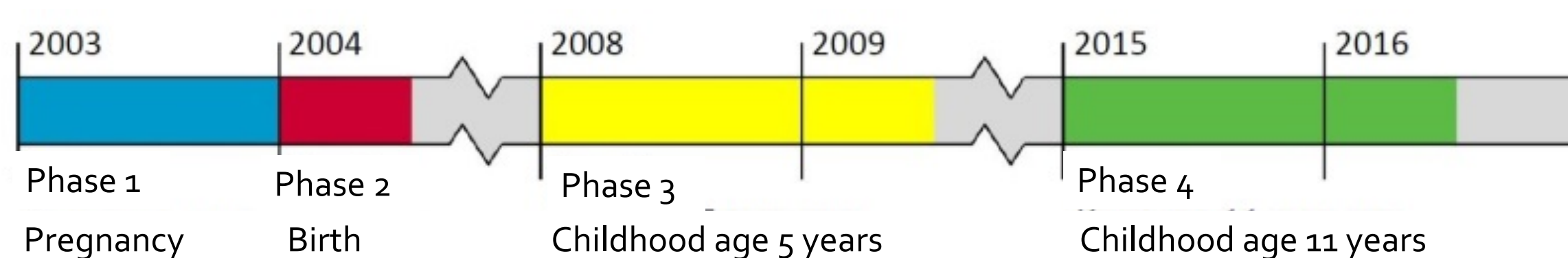
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The first 1000 days are important for the development and regulation of all organs and hormonal systems. This project aims to explore the role of early sleep in growth and cardio-metabolic health during childhood.

Planned studies:

1. A systematic review of the literature on the relationship between infant sleep duration and childhood obesity.
2. Development of sleep habits in the first 2 years of life and indicators of sleep problems in the Sarphati Cohort.
3. The prospective relationship between infant sleep and BMI in the first 2 years of life in the Sarphati cohort.
4. The relationship between infant crying with growth and mediation by sleep at the age of 5-11 years in the ABCD cohort.
5. Qualitative study regarding sleep and sleep interventions for infants <2 years.



The Sarphati Cohort

- Informed parental consent, anonymised data
 - All children aged 0-18 in Amsterdam can be included in the Sarphati Cohort.
 - Connecting to 2 large existing cohort studies (ABCD en HELIUS) in Amsterdam.
- How do we collect data?
- The basis is the systematic monitoring of all children in Amsterdam by means of the routine consultations with Youth Health Care (YHC) in Amsterdam.
 - Family: parenting, demographic characteristics
 - Health behaviors: physical activity, nutrition, sleep
 - Outcomes: growth, motoric skills
 - Data collection tools for more extensive data on the development and background of children outside of the YHC
 - Questionnaires
 - Potential subgroup data collection:
 - biosamples, actigraphy, observations
 - in-depth interviews or additional questionnaires among a smaller group of children
 - evaluate interventions
 - The data collection of the Sarphati Cohort is designed and conducted by the Public Health Service of Amsterdam (GGD).
The first results of the study are expected in 2018.



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