

Introduction

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Bedtime routines play a critical role in promoting children's overall health and development. Consistent practices, including oral hygiene, reading, and regular sleep schedules, positively influence physical health, cognitive development, and emotional stability.

Material & Methods

A survey-based approach was employed to collect data from parents/caregivers of children aged 0-8 years receiving care at the University of Toledo Dental Service. administered Surveys were via SurveyMonkey and Qualtrics platforms, and the responses were subsequently analyzed using QuestionPro.

Purpose

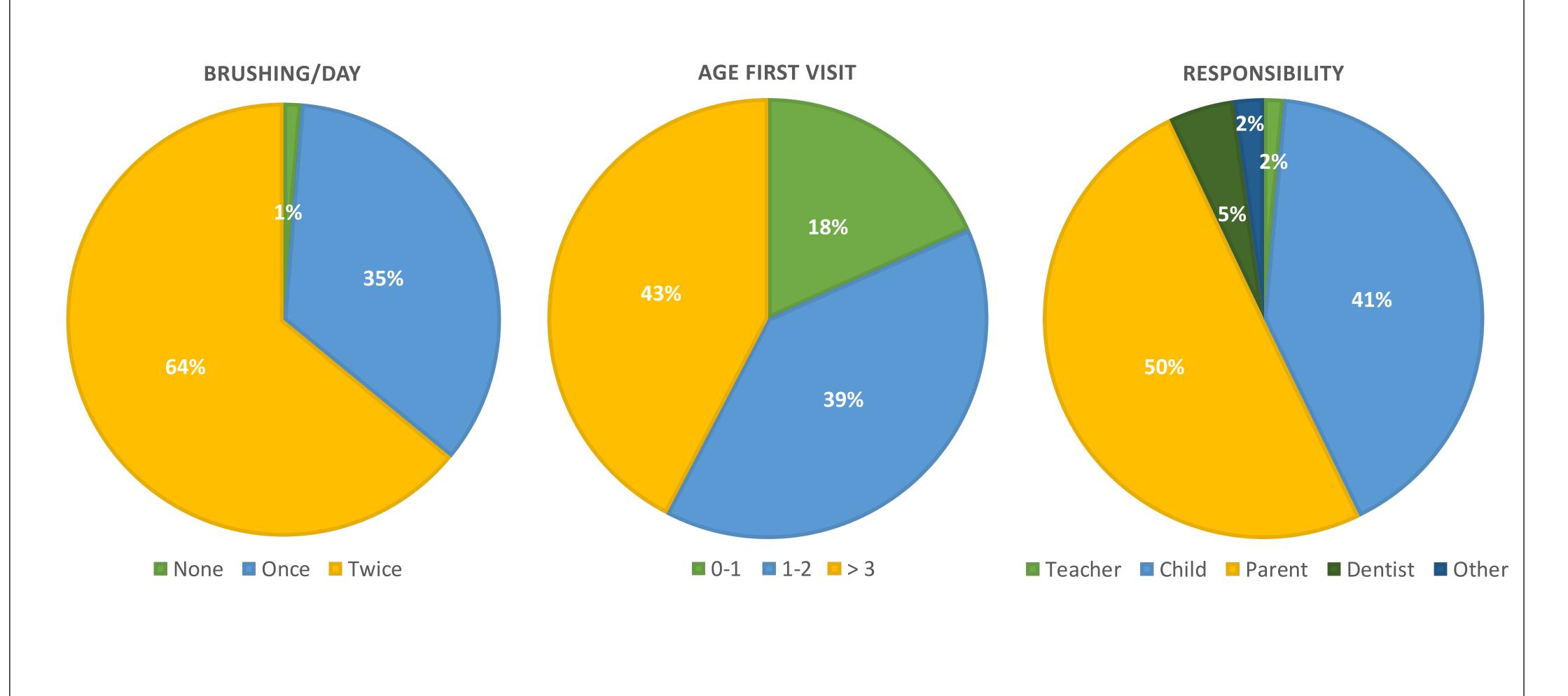
This study evaluates the bedtime routines of children aged 0-8 years, focusing on comprehensive regimens that include tooth brushing, reading, and consistent bedtimes to provide evidence-based recommendations for improving health outcomes.

Reach Out and Read: Examining Bedtime Routine of Pediatric Patients Darwish O, Nedley M, Snook J, Ho D, Legendre L, Shah H, Dalagiannis G, Isak D

University of Toledo Medical Center, Toledo, OH

Results

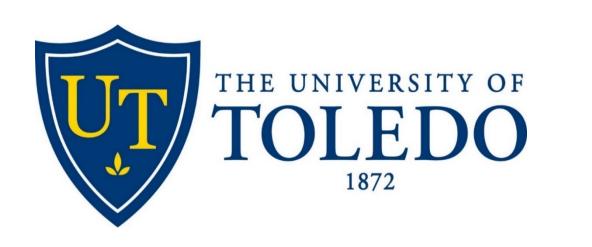
A total of 153 subjects completed the survey, providing insights into brushing, reading, and sleep habits among children aged 0–8 years. Findings revealed that 83% of children brushed their teeth before bed, 67% were read to as part of their routine, 76% maintained consistent sleep schedules, 38% flossed regularly, and 27% were read to five or more days per week. Additionally, 64% (98 participants) brushed their teeth twice daily, 35% (53 participants) brushed once daily, and 1% (2 participants) did not brush daily. Regarding reading habits, 41% (62 participants) of parents reported reading to their child 3–4 days a week, 29% (45 participants) read 1–2 days a week, and 3% did not read to their child at all. Sleep habits showed that 81% of children maintained consistent bedtimes between 8–10 PM, with 14% (21 participants) going to bed before 8 PM, 48% (72 participants) between 8–9 PM, and 33% (50 participants) between 9–10 PM. A smaller group, 5% (8 participants), reported bedtimes between 10–11 PM, with no children going to bed after 11 PM. Barriers to oral hygiene included children disliking brushing (23%) and resisting assistance with brushing (19%). Furthermore, 89.47% of caregivers reported being primarily responsible for their child's brushing routine.



1. Mindell, J. A., et al. "Bedtime routines for young children: A dose-dependent association with sleep outcomes." *Sleep Medicine*, vol. 89, 2022, pp. 71-78. 2. Carter, Ben, et al. "Association between portable screen-based media device access or use and sleep outcomes: A systematic review and meta-analysis." JAMA Pediatrics, vol. 170, no. 12, 2016, pp. 1202-1208. 3. Owens, Judith A., et al. "Bedtime routines and sleep in children: A cross-national perspective." *Sleep Health*, vol. 6, no. 1, 2020, pp. 62-70. 4. Colgate Oral Health. "Oral health facts for parents and kids." Colgate Oral Health Resource Center, 2021.

5. American Academy of Pediatric Dentistry. "Policy on early childhood caries (ECC): Classifications, consequences, and preveLevine, Rachel S., et al. "Oral health promotion among children: Parental involvement and engagement." Journal of Dental Research, vol. 100, no. 4, 2021, pp. 450-458.

This study highlights the incongruity of consistent bedtime routines, particularly oral hygiene, reading, and maintaining a structured sleep schedule. While many families incorporate these practices, barriers such as resistance from children time constraints persist. Future and research should investigate the combined impact of these practices on children's overall health outcomes.



Armamentarium



Name: Bruss 2 minutes a day + Read 20 minutes a day + Bruss 2 minutes a day + Read 20 minutes a day + Bruss 2 minutes a day + Read 20 minutes a day +				Monday Monday Instructions: Brush 2 minutes, 2 times a day and read for 20 minutes a day. After brushing and reading, cross off that day's tooth and book icons to finish your day!			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
80	880	880	R R D	W R 💭	880	W R 💭	
80	R R 🛄	W W 🔟	W W 🔟	W W 🔟	W W 🛄	W W 🗰	
80	W W 🖤	W W 🖤	W R 💭	W W 🗰	W W 🗰	W W 💭	
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80	R R 🛄	R R D	W W 🗰		880		$\mathbf{\dot{\mathbf{c}}}$

Conclusion