

## Introduction

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

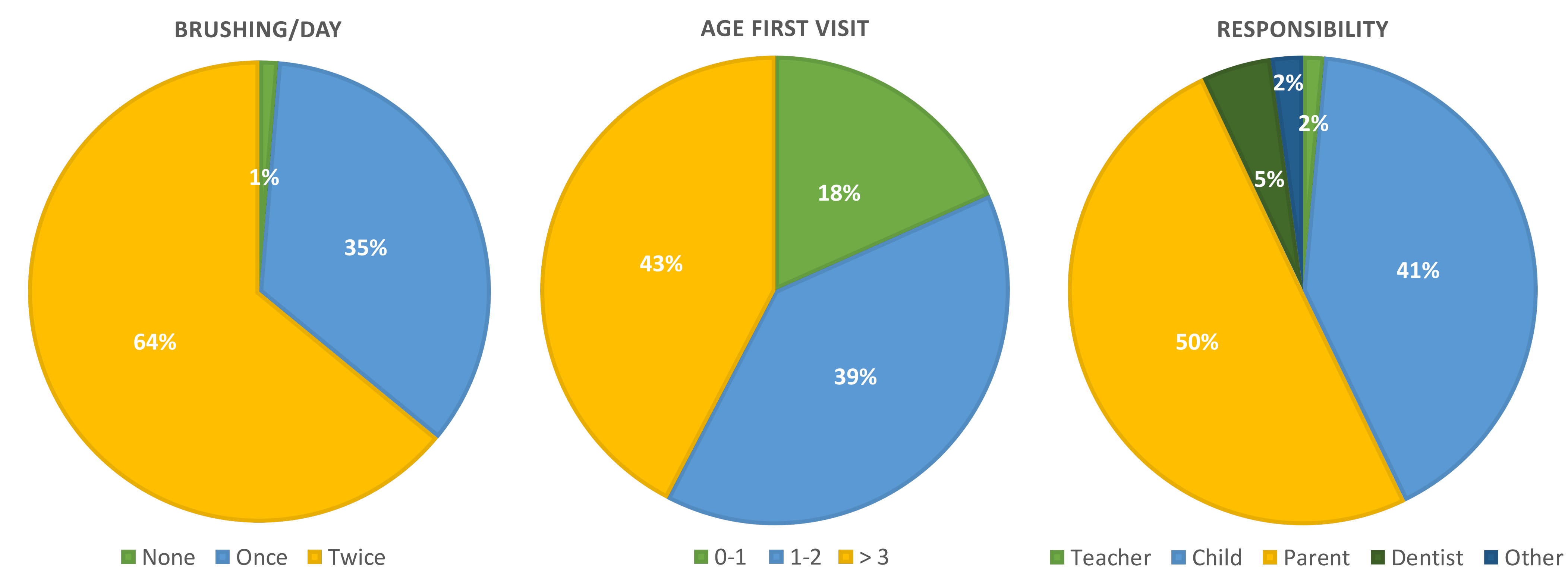
A survey-based approach was employed to collect data from parents/caregivers of children aged 0-8 years receiving care at the University of Toledo Dental Service. Surveys were administered via SurveyMonkey and Qualtrics platforms, and the responses were subsequently analyzed using QuestionPro.

## Purpose

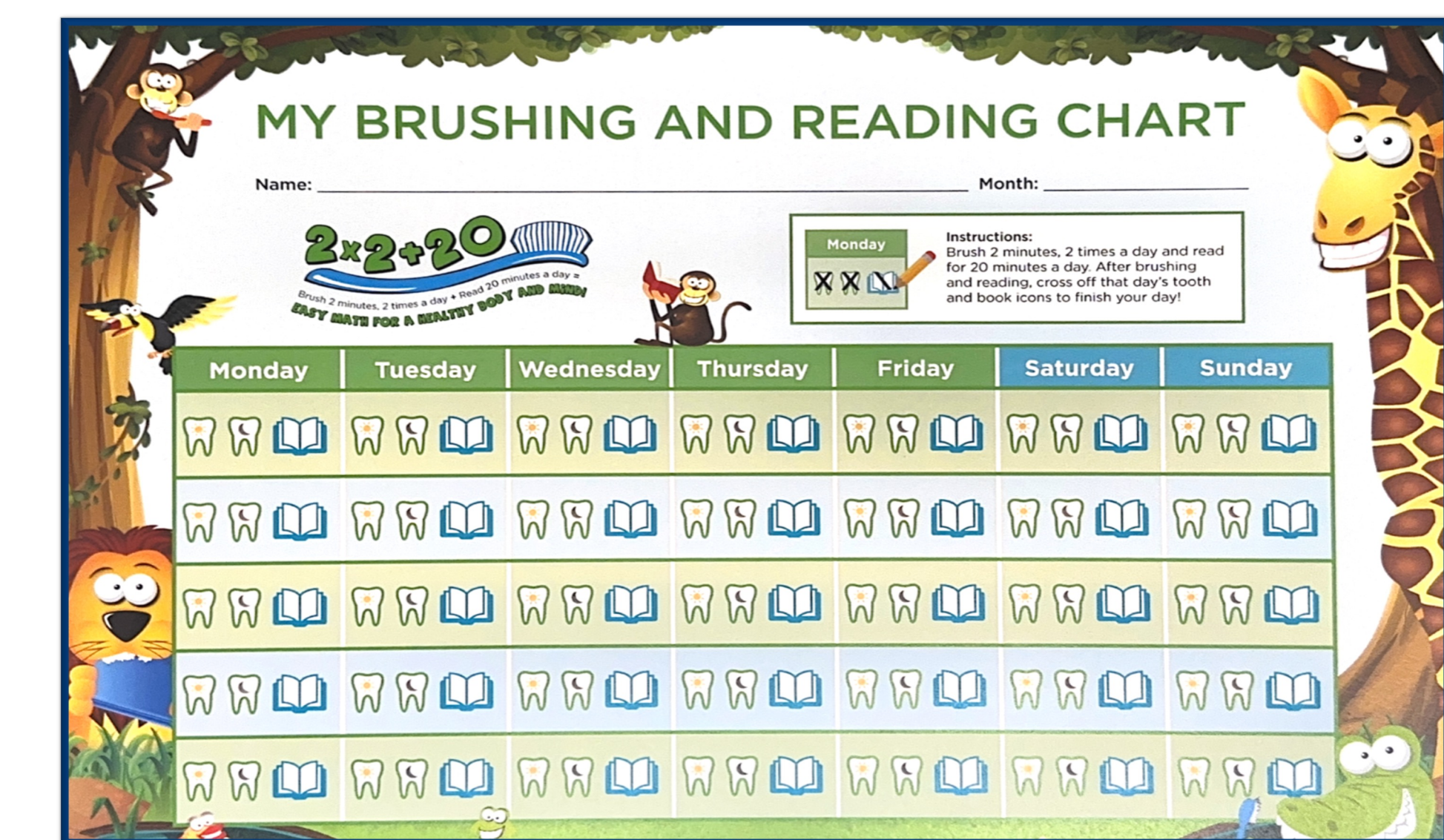
This study evaluates the bedtime routines of children aged 0-8 years, focusing on comprehensive regimens that include tooth brushing, reading, and consistent bedtimes to provide evidence-based recommendations for improving health outcomes.

## 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.



## Armamentarium



## Conclusion

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 and time constraints persist. Future research should investigate the combined impact of these practices on children's overall health outcomes.