

Volunteers Needed to Help Investigators Learn About Sleep, Rhythms and Emotion in Young Children

Why study sleep in young children? The preschool years are full of remarkable changes - children develop complex skills in their play behavior, expression and regulation of emotions, thinking, language, and motor activity. The brain is also changing as young children mature. Little is known about the “biology” of sleep and rhythms in early childhood and its influence on children’s overall development. The primary goal of this study is to better understand these biological processes across early development and to find out how sleep and daily rhythms are linked to the way young children express and regulate their emotions.

We are interested in healthy children with no sleep problems who were born between March 2009 and October 2011. Children must take daytime naps and a parent must be available for at-home assessments.

For more information, contact Lauren Pierpoint, MS, Professional Research Assistant at (303) 492-4584, or Lauren.Pierpoint@Colorado.EDU

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