

Oxford Journals > Medicine > Journal of Pediatric Psychology > Volume 32, Number 1 > Pp. 69-79

◀ [Previous Article](#) | [Next Article](#) ▶

Journal of Pediatric Psychology Advance Access originally published online on February 8, 2006

Journal of Pediatric Psychology 2007 32(1):69-79; doi:10.1093/jpepsy/jsj104

© The Author 2006. Published by Oxford University Press on behalf of the Society of Pediatric Psychology. All rights reserved. For permissions, please e-mail: journals.permissions@oxfordjournals.org

Sleep in Overweight Adolescents: Shorter Sleep, Poorer Sleep Quality, Sleepiness, and Sleep-Disordered Breathing

Dean W. Beebe, PhD¹, Daniel Lewin, PhD², Meg Zeller, PhD³,
Marie McCabe, MA⁴, Kendra MacLeod, MA⁴,
Stephen R. Daniels, MD, PhD¹ and Raouf Amin, MD¹

¹ Cincinnati Children's Hospital Medical Center and Department of Pediatrics, University of Cincinnati School of Medicine, ² Children's National Medical Center, ³ Cincinnati Children's Hospital Medical Center and the Department of Pediatrics, University of Cincinnati School of Medicine, and, ⁴ Department of Psychology, University of Cincinnati

All correspondence concerning this article should be addressed to Dean W. Beebe, PhD, Division of Behavioral Medicine and Clinical Psychology (MLC 3015), Cincinnati Children's Hospital Medical Center, 3333 Burnet Avenue, Cincinnati, Ohio 45229. E-mail: dean.beebe@atcchmc.org.

This Article

- ▶ [Full Text](#) **FREE**
- ▶ [FREE Full Text \(PDF\)](#) **FREE**
- ▶ All Versions of this Article:
32/1/69 *most recent*
[jsj104v1](#)
- ▶ [Alert me when this article is cited](#)
- ▶ [Alert me if a correction is posted](#)

Services

- ▶ [Email this article to a friend](#)
- ▶ [Similar articles in this journal](#)
- ▶ [Similar articles in ISI Web of Science](#)
- ▶ [Similar articles in PubMed](#)
- ▶ [Alert me to new issues of the journal](#)
- ▶ [Add to My Personal Archive](#)
- ▶ [Download to citation manager](#)
- ▶ Search for citing articles in:
[ISI Web of Science \(4\)](#)
- ▶ [Request Permissions](#)
- ▶ [Disclaimer](#)

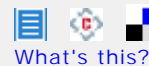
Google Scholar

- ▶ [Articles by Beebe, D. W.](#)
- ▶ [Articles by Amin, R.](#)
- ▶ [Search for Related Content](#)

PubMed

- ▶ [PubMed Citation](#)
- ▶ [Articles by Beebe, D. W.](#)
- ▶ [Articles by Amin, R.](#)

Social Bookmarking



[What's this?](#)

▶ Abstract


Objective To document the sleep of overweight adolescents and to explore the degree to which weight-related sleep pathology might account for diminished psychosocial outcome. **Methods** Sixty children aged 10–16.9 from a weight-management clinic were compared to 22 healthy controls using comprehensive actigraphic, polysomnographic, and parent- and self-report questionnaire assessments. **Results** Overweight participants averaged more symptoms of sleep-disordered breathing, later sleep onset, shorter sleep time, and more disrupted sleep than controls. Although the groups did not differ in self-reported sleep habits, multiple concerns were reported by parents of overweight participants, including daytime sleepiness, parasomnias, and inadequate sleep. Group differences in academic grades and depressive


symptoms were at least partially accounted for by short sleep and daytime sleepiness. **Conclusions** Excessive weight is associated with an increased risk of sleep problems. There is a need for further research in this area and for clinicians who work with overweight children to evaluate their sleep.


Key words: adolescence; childhood; obesity; overweight; pediatrics; sleep; sleep apnea.

 CiteULike  Connotea  Del.icio.us [What's this?](#)

This article has been cited by other articles:

- 
- ARCHIVES OF PEDIATRICS & ADOLESCENT MEDICINE** [▶ HOME](#)

J. A. Owens, R. Mehlenbeck, J. Lee, and M. M. King
Effect of Weight, Sleep Duration, and Comorbid Sleep Disorders on Behavioral Outcomes in Children With Sleep-Disordered Breathing
Arch Pediatr Adolesc Med, April 1, 2008; 162(4): 313 - 321.
[\[Abstract\]](#) [\[Full Text\]](#) [\[PDF\]](#)
-
- 
- PEDIATRICS** [▶ HOME](#)

N. F. Krebs, J. H. Himes, D. Jacobson, T. A. Nicklas, P. Guilday, and D. Styne
Assessment of Child and Adolescent Overweight and Obesity
Pediatrics, December 1, 2007; 120(Supplement_4): S193 - S228.
[\[Abstract\]](#) [\[Full Text\]](#) [\[PDF\]](#)
-
- 
- PEDIATRICS** [▶ HOME](#)

K. L. Knutson and D. S. Lauderdale
Sleep Duration and Overweight in Adolescents: Self-reported Sleep Hours Versus Time Diaries
Pediatrics, May 1, 2007; 119(5): e1056 - e1062.
[\[Abstract\]](#) [\[Full Text\]](#) [\[PDF\]](#)

Disclaimer:

Please note that abstracts for content published before 1996 were created through digital scanning and may therefore not exactly replicate the text of the original print issues. All efforts have been made to ensure accuracy, but the Publisher will not be held responsible for any remaining inaccuracies. If you require any further clarification, please contact our [Customer Services Department](#).

Online ISSN 1465-735X - Print ISSN 0146-8693

Copyright © 2008 Society of Pediatric Psychology

OXFORD JOURNALS



[Site Map](#) [Privacy Policy](#) [Frequently Asked Questions](#)

Other Oxford University Press sites:

Oxford University Press