

Sleep patterns in neuropsychological development in early childhood - the interplay of genes and environment (Sleep in Development):



Consortium:

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This consortium aims to study the significance of sleep in the development of self-regulation, cognitive and social skills in early childhood. Moreover, environmental and genetic risk factors will be assessed to recognize risk groups that warrant early recognition. The consortium is based on two national cohorts comprising 5684 families, the Child-Sleep and Finnbrain. Both have been set up 2010. The funding is applied to improve integration of the two cohorts on both theoretical and practical levels. The aim of the project is to construct new theoretical models of early development of mental health problems. In addition, the consortium aims to advance collaboration between national cohorts, the availability and usability of the existing data, interaction between the researches, as well as to improve quality of research and efficacy and productivity of birth cohort studies and to improve knowledge, screening and treatment of children's sleeping problems on national level.