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# 'School kids rest better on uni plan'

**By AOIFE BANNON**

SCHOOL and home interventions can improve children's poor sleep habits, a new study claims.

A Dublin City University study shows a notable improvement in children's sleep behaviours by implementing a short school and home-based schedule.

The study found that by implementing a five-week intervention programme, the attitudes of school kids towards their own sleep behaviour greatly improves.

The study showed the number of participants feeling they needed more sleep going to school reduced from 63 per cent to 32 per cent post-intervention.

Commenting on the study, Dr Paul Downes said: "This inexpensive, brief intervention reveals real change in sleep behaviour patterns on nights before schooldays and awareness of this issue among these pupils."



Sleep . . . pupils