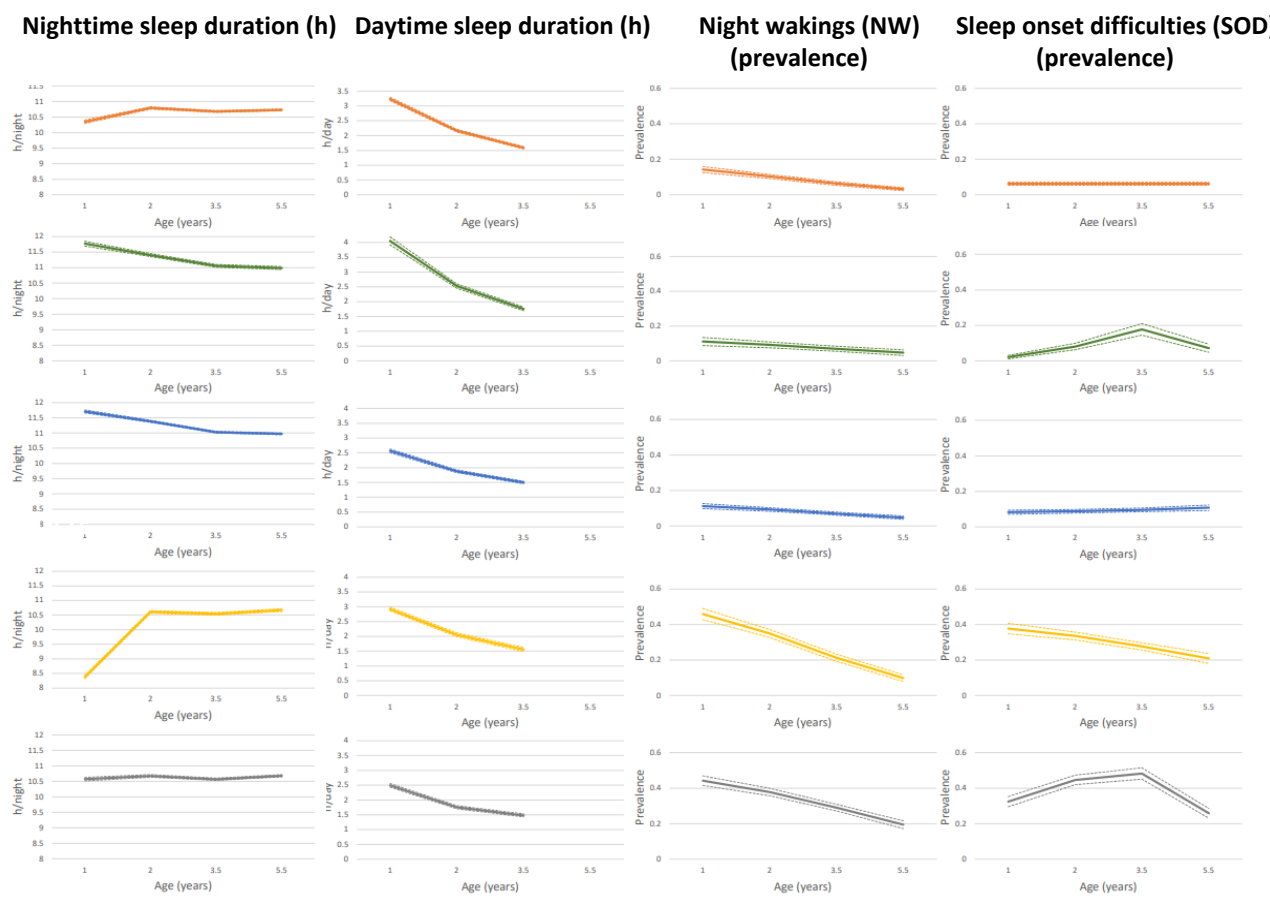



Longitudinal sleep multi-trajectories from age 1 to 5.5 years and their early correlates: Results from the ELFE birth cohort study (N=9,237)



Good sleepers (G1)
31.7% (reference)

Good sleepers but few SOD (G2)
10.3%

➔

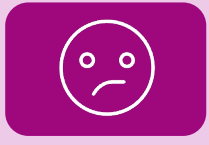


No or few sleep problems groups

Long sleepers (G3)
31.0%

Improving NW and SOD (G4)
9.6%

➔




Frequent sleep problems groups

Persistent NW and SOD (G5)
17.5%


G2

G3


∞



Sleep habits at age 1 year
(not getting asleep with parental presence, child having one's own room, start and finish sleep in one's own bed)



Daycare by family member




Young maternal age


G4

G5

∞



Sleep habits at age 1 year
(parental presence or feeding required to fall asleep, sleeping at least part of the night away from own bed)



Maternal depression during pregnancy

Conclusion: We identified distinct groups of sleep multi-trajectories and early life-associated factors in preschoolers. Most of the factors associated with the most sleep-disordered multi-trajectory groups are likely modifiable and provide clues for early prevention interventions.