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# Epidemiology News

Georgia Southern University

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# Georgia Southern Examines Sleep in Families with Children

March 3, 2017



Dr. Kelly Sullivan, assistant professor of epidemiology at the Jiann-Ping Hsu College of Public Health Georgia Southern University released a preliminary study that will be presented at the [American Academy of Neurology's 69<sup>th</sup> Annual Meeting](#) in Boston, April 22 to 28, 17, demonstrating that women's sleep, unlike men, is affected by having children in the house.

"Getting enough sleep is a key component of overall health and can impact the heart, mind and weight," said Sullivan, "It's important to learn what is keeping people from getting the rest they need so we can help them work toward better health."

The study found that not only was living with children associated with how long younger women slept, but also how often they felt tired. Younger women with children reported feeling tired 14 days per month, on average, compared to 11 days for younger women without children in the household.

To read more about the study, please visit the [American Academy of Neurology News Page](#). The story has also been mentioned by other prestigious outlets such as [CBS](#), [Fox](#), and [MSN](#).

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