

# Physical activity, screen time and sleep patterns in Chilean girls [Actividad física, tiempo de pantalla y patrones de sueño en niñas chilenas]

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**Introduction** Physical activity (PA), screen time (ST), and sleep are modifiable lifestyle habits for health. The objectives of this study were: a) to examine the association between PA, ST, and both, on sleep patterns; and b) to determine the influence of PA and ST on sleep problems in Chilean girls. **Patients and methods** The study involved 196 children (12.2 years). Patterns and sleep problems were assessed using the Spanish version of the Sleep Self-Report, and the PA through the Physical Activity Questionnaire for Adolescents (PAQ-A), both in Castilian. The ST was assessed using several questions about television, game console and computer use. **Results** The ST recommendation (2 h a day) was exceeded by 63.2% of the girls. In general, the most active girls (last quartile) that did not exceed the recommendations of ST reported higher sleep quality and total score values compared to those who did not meet both. The logistic regression analysis showed that girls who did not meet both habits were more likely to have sleep quality (odds ratio = 17.8,  $P=.018$ ), and general sleep problems (odds ratio = 7.85,  $P=.025$ ). **Conclusions** Parents need to set limits on sedentary leisure time and encourage more active habits, as sleep is a parameter closely linked to a better health profile in youth. © 2014 Asociación Española de Pediatría.

Healthy lifestyle

Sedentary behavior

Sleep quality

child

Chile

computer

exercise

female

human

sedentary lifestyle

television

Child

Chile

Computers

Exercise

Female

Humans

Sedentary Lifestyle

Television