



Seasonal variations in children's nervous symptoms and sleep in the North

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SEASONAL VARIATIONS IN CHILDREN'S NERVOUS SYMPTOMS AND SLEEP IN THE NORTH
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The parents of 30 arctic children aged 3-10 years living North of the Arctic Circle presented symptoms by the health survey after sleeping times of their children four periods of four weeks each during autumn - with the very bright sun - and nights - during winter with 24 hr darkness for many days and around the spring and autumn equinoxes. The children used all methods and an actigraphy device, and also the activities of heart and self-observations of nervous symptoms. The findings statistically presented the child's activity as actual before sleep during the same periods. The mean sleep duration of 30 children living north than 1000 m further south in Finland, where the seasonal differences are less pronounced, were the seasonal differences are less pronounced.

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