How infants’ sleep affects morning mood: A sleep diary study in Brazil and the UK

Highlights

* Cross-cultural study directly comparing infant sleep patterns in Brazil and UK
* Babies in Brazil go to bed over 2 hours later than in UK and more likely to cosleep.
* Earlier bedtimes biggest determinant of longer sleep in both countries.
* Morning happiness and energy levels are high with some dependence of sleep.
* UK parents own sleep looked at and affected by night waking but not sleep duration.