

## Psychological Factors

### *Cognitive/Affective*

e.g., Child temperament, parent/child mental health and/or stress, affect and emotional lability, sleep and parenting beliefs, racing thoughts or difficulty 'shutting mind off', maladaptive thoughts/negative attributions

### *Behavioural*

e.g., Family conflict and general parenting, sleep specific parenting behaviours/strategies, child sleep habits and routines, self soothing/self calming, sleep environment and associations

### *Medical/Disease-related behaviours*

e.g., Changes in routines due to medical care and/or hospitalization, increased oppositional behaviours secondary to medications

## Socio-Cultural Factors

e.g., Family structure, parental education, socioeconomic status, ethnicity, child sex, cultural beliefs

## Physiological or Disease-related Factors

### *General physiological*

e.g., Arousal, hormonal, metabolic, neuroendocrine functioning

### *Disease-related*

e.g., Effects of medication/treatment, effects of illness (e.g., difficulty breathing, increased arousal)

## Sleep Outcomes

### Poor Sleep Quality

e.g., Trouble sleeping, sleep apnea, nightmares, Restless Leg Syndrome, Periodic Limb Movement Disorder

### Poor Sleep Quantity

e.g., difficulty falling asleep, awakenings

## Negative Physical and Psychological Outcomes <sup>a</sup>

e.g., Sleepiness and fatigue; poorer social and academic functioning; poorer quality of life, mental health; poorer coping; emotional and behavioural problems; increased pain, susceptibility to illness

Note: <sup>a</sup> Not an outcome examined in the proposed systematic review