

PREVENTING CHILD MALTREATMENT MAY IMPROVE ADOLESCENT SLEEP

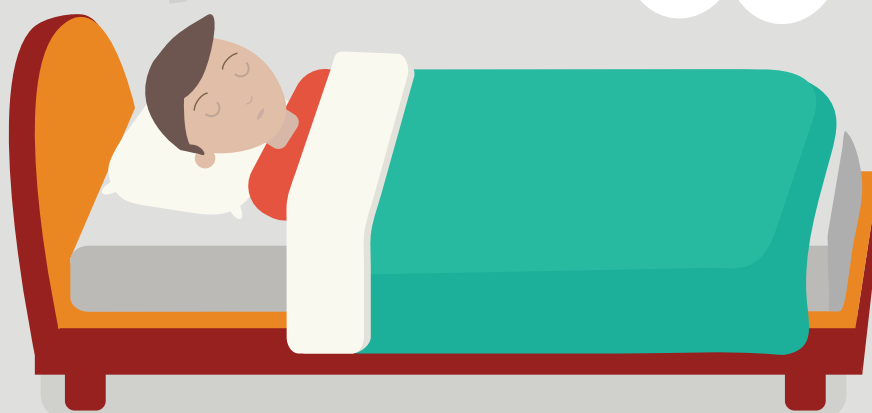
ADOLESCENTS WITH A HISTORY OF
CHILD MALTREATMENT ARE MORE LIKELY TO...

WAKE UP MORE OFTEN
DURING THE NIGHT

SLEEP FEWER HOURS
ON WEEKDAYS

SLEEP FEWER HOURS
ON WEEKENDS
Only for SA,
EIPV, & EM.

TAKE LONGER THAN 10
MINUTES TO FALL ASLEEP



Child maltreatment included sexual abuse (SA), physical abuse, exposure to intimate partner violence (EIPV), emotional maltreatment (EM), and physical neglect.



Full study by Turner, S., Menzies, C., Fortier, J., Garcès, I., Struck, S., Taillieu, T., Georgiades, K., & Afifi, T.O. (2020) Child maltreatment and sleep problems among adolescents in Ontario: A cross sectional study, in Child Abuse & Neglect.