



Family Bedtime Practices and Changing Family Dynamics

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Introduction

- **Routines & rituals** → family functioning, identity, & context for development, structure, & behavior¹⁻⁵
- **Bedtime practices** → health-related & functional implications
- **Research** → types & importance, impact on families & sleep problems

Study Aim

To explore the lived experience of family bedtime practices as influenced by changing family dynamics

Methods

- **Design:** Qualitative case study
 - Purposive sampling
- **Participants:** 1 family in Chapel Hill
 - 2 parents, 2 children
- **Data Collection:** 2/2016 – 3/2016
 - Semi-structured interviews
 - Observation
- **Data Analysis:** Thematic analysis

Results

“It’s a work in progress”

“What’s the mountain you’re willing to die on?”

“Ending the day in the same place”

Discussion

- Importance of maintaining routines for sleep & family functioning⁶
- Parenting strategies for supporting bedtime → impact on sleep^{6,7}
- Doing together & meaning to family → increase with family size

Implications for OS/OT

- Greater understanding of the lived experience of family bedtime practices
- Future research → sample size, diversity, parenting behaviors
- OT practice → opportunities, disruptions to bedtime practices, impact of disability

References

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