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Sleep Trouble in Children of Parents at SUNY Downstate Health Sciences University During the COVID-19 Pandemic: A Cross Sectional Survey

Background:
COVID-19, the disease caused by SARS-CoV-2 was declared by World Health Organization as pandemic on March 11th,2020 (Cucinotta & Vanelli, 2020). The US is one of the most affected countries with the illness (Center of Disease Control). New York was an epicenter of the pandemic during the time between March and July 2020, and Brooklyn was one of the most affected areas in NY early during the time from March to June. During that time, an extended period of lockdown and school closure occurred. Children stayed at home and tried home-based learning, a new experience for parents and children (The State Education Department, 2020a, 2020b). Many parents reported difficulty with childcare. The effect of the pandemic on essential workers has previously established (Czeisler et al., 2020). To our knowledge, the literature on the effect on children is still evolving. This study sought to understand the emotional and behavioral impacts COVID-19 may have had on the children of frontline workers and medical students.
Methods:
We sent out a modified version of the Coronavirus Health Impact Survey (CRISIS) (The National Institute of Mental Health, 2020) to employees and medical students working at SUNY Downstate during the COVID-19 pandemic on the period between September and November. The questions targeted behavioral changes, including the change of sleep pattern, after COVID-19 in children of parents at Downstate. We here will report the results of sleep questions.
Results:
Out of 205 total responses to the survey, 60 individuals answered the sleep questions. Responses were stratified by sex and age. The pre- and post-COVID median responses were compared (using related sample signs test) for each of these demographics and revealed that both male (p<0.001) and female (p<0.001) groups as well as age groups 6-12 (p<0.001) and 13-18 (p<0.0005) had a significantly harder time falling asleep after COVID.

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