REFERENCES
doi:10.1542/peds.2012-0735D

Sleep Recommendations
One of the papers cited by Matriacciani et al (2012) was by Lewis Terman and Adele Hocking in the Journal of Educational Psychology, 1913. Matriacciani et al state “In 1913, Lewis Terman expressed a common opinion that ‘... physicians and writers on school hygiene agree that children are less likely to receive less sleep than is needful to them.’” (p.138). Here’s a quote that was not used by Matriacciani et al that characterizes the conclusion of Terman and Hocking about sleep needs: “As regards the school child, the wisest course in all probability is for us to make the conditions such that the child will spontaneously sleep as many hours a day as he wants to sleep, while avoiding all conditions which would tend to abbreviate or unduly prolong the sleep beyond the standard. Liberal allowance should also be made for individual differences, for not all the range of variation which we have found in the hours of sleep for children at any particular age can be accounted for on the basis of habit and environment. There are undoubtedly physiological idiosyncrasies which make nine hours for one child equivalent to eleven hours for another.” (p.208). Matriacciani et al cite recommendations of sleep need for most of the 15 sources (eg, Dukes, 1899) included in the Terman and Hocking paper, but they fail to mention the above, which is what Terman and Hocking actually recommend. Matriacciani et al were looking for definitive guidelines and because Terman and Hocking provided none, they failed to report the wise and nuanced view that they did give. That view, consistent with the letter by Owens et al (and I expect consistent with the views of Matriacciani et al) was reasonable in 1913 and remains so 99 years later.

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doi:10.1542/peds.2012-0755E

AAP Executive Committee Response
The Academy acknowledges the vital importance of sleep to children’s health and well-being, supports the scientific legitimacy of healthy sleep recommendations for children and adolescents, and stands firmly behind pediatric sleep medicine experts in issuing these recommendations. Moreover, the Academy is developing a Policy Statement on school start times for middle and high school students that is based on sound scientific evidence.

AAP Executive Committee
American Academy of Pediatrics
Elk Grove Village, IL
doi:10.1542/peds.2012-0755F
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Pediatrics 2012;129;991
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DOI: 10.1542/peds.2012-0755E

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