

《研究表明 满月可能减少孩童睡眠时间》

导读:一项研究表明,孩童在满月时可能会减少几分钟的睡眠时间。这项研究对包括印度在内的12个国家的孩童进行了调查。



Children may sleep less when there is a full moon, but only by a few minutes, according to a new study conducted on kids from 12 countries, including India.

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However, the study failed to find a link between the occurrence of the full moon and kids' activity levels, debunking the myth that children are more hyper during a full moon.

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Researchers from the Children's Hospital of Eastern ontario Research Institute in Canada analysed information from over 5,800 children, ages 9 to 11, from 12 countries - India, Australia, Brazil, Canada, China, Colombia, Finland, Kenya, Portugal, South Africa, the UK and the US.

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The children wore accelerometers - devices similar to fitness trackers that record body movement and can be used to monitor sleep - 24 hours a day, for at least seven days.

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Results showed that children's activity levels - including the amount of time they spent doing high- and low-intensity activity, and their sedentary time - were about the same during a full moon and new moon.

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However, children's sleep time was about 5 minutes shorter on nights with a full moon, compared to nights with a new moon, 'Live Science' reported.

Live Science??

This is about one per cent of children's total sleep time, researchers said.

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One possible reason could be that the brightness of the full moon interferes with children's sleep, they said.

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The study was published in the journal *Frontiers in Pediatrics*.

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