Abstract

Classical music has been found to positively affect different areas of development in children and young adult, particularly in temporal spatial reasoning and relaxation. We had previously found that classical music shortened the latency of sleep and prolonged sleep duration in young children during their afternoon nap at our early childhood care for development center. This preliminary study is to compare the effect of listening to classical music on the latency and duration of sleep in 18 young children (11 months to 47 months) at the center and both at the daycare and at home.

Method: Parental interview and observation of children before and during afternoon nap for one week. The treatment included classical music at the center for 5 weekdays then classical music was played both at the center and at home in the evening during the 2nd and 3rd week. Latency to sleep is the time in minutes from lying down to falling asleep. Duration of sleep is the time in minutes from falling asleep to awaking. SPSS/PC+ program for means, standard deviation and Wilcoxon signed Ranks Test were utilized in the analysis of the data.

Result: The mean ± SD of latency to sleep were 23.04 ± 15.74 and 21.82 ± 13.55 minutes during the first and the second periods respectively. Although the mean was shorter during the period to classical music both at home and ECD center. The Z score was -.781 which is not statistically significant. The means ± SD of sleep duration were 116.86 ± 28.75 minutes compared to 119.65 ± 36.23 minutes which is slightly longer while children listened to classical music in both settings. But it is statistically significant. However, the mean sleep durations in this study are significantly longer than the baseline before listening to classical music which was only 40 - 90 minutes.

Conclusion: Listening to classical music both at home and at the ECD center shortened the sleep latency and prolonged the sleep duration of the afternoon nap of young children. But there was no statistically significant difference between listening only at the center and at both settings. Further
controlled study with close circuited video monitory will be needed in a larger sample size before we can objectively determine the effect in more details.

**Key words:** Children, Classical Music, Sleep latency, Sleep duration