|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Month | Day sleep | | | Night sleep | | | TST |  | DIF |  |
| (n) | Mean | sd | *t* (df) | Mean | sd | *t* (df) | Mean | Sd | Mean | sd |
| 6 (457) | 4.48 | 1.76 | -10.57\*\*\* (938.0) | 8.82 | 1.46 | 8.74\*\*\* (994.1) | 13.30 | 2.10 | 4.34 | 2.46 |
| 12 (495) | 4.26 | 1.69 | -13.00\*\*\* (989.8) | 8.72 | 1.50 | 12.32\*\*\* (1042.8) | 12.98 | 1.94 | 4.46 | 2.53 |
| 18 (512) | 4.09 | 1.58 | -12.95\*\*\* (1029.1) | 8.52 | 1.29 | 15.19\*\*\* (1081.7) | 12.61 | 1.69 | 4.43 | 2.35 |
| 24 (509) | 3.85 | 1.63 | -13.17\*\*\* (1043.9) | 8.64 | 1.38 | 13.03\*\*\* (1040.8) | 12.48 | 1.47 | 4.79 | 2.63 |
| 36 (510) | 3.09 | 1.54 | -13.63\*\*\* (1057.1) | 8.85 | 1.35 | 14.87\*\*\* (1047.2) | 11.94 | 1.25 | 5.76 | 2.61 |

**Table 5.** Sleep parameters for the EAL sample. Mean number of hours and standard deviation (sd) for Night and Day sleep, as well as total sleep time (TST) and Night sleep – Day sleep (DIF) at 6, 12, 18, 24 and 36 months.