

- Sleep / Child development

Daytime naps aid learning

HT Cafe · 31 Mar 2022 · 04

Previous research has shown the link between napping and memory enhancement in kids. Now, a new study conducted by scholars at Macquarie University in Australia, the University of Oxford, UK, the University of York, UK, and the University of Sheffield, UK, has provided initial evidence that daytime naps could be beneficial for preschool children's learning of letter-sound skills. "We found a positive nap effect on children's learning of letter-sound mappings, and in particular, using that knowledge to read unfamiliar words," said Hua-Chen Wang, lecturer in the School of Education at Macquarie University.