

National  
Organization of  
Mothers  
Of  
Twins  
Clubs, Inc.

SUBJECT:  
RESEARCHER:

SLEEP PATTERNS OF TWINS  
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**PURPOSE:** The purpose of this study was to assess the similarity of young twins' sleep, particularly whether identical twins' sleep patterns are more similar than those of fraternal twins.

**METHOD:** Parents completed a demographic questionnaire, a 14-day sleep diary, and the Sleep Habits Questionnaire. Sleep patterns and problems, including bedtime problems, sleep behaviors, night wakings, morning waking, and daytime sleepiness were assessed.

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### BACKGROUND INFORMATION

A total of 102 twin pairs were studied, including 35 identical and 67 fraternal pairs. The sample included 92 boys and 112 girls, all between 6 and 60 months of age.

### RESULTS

1. Infant/toddler twins are more likely than preschoolers to share a room.
2. Identical twins are more likely than fraternal twins to share a room.
3. Identical twins have more night wakings than fraternal twins, and sharing a room may contribute to this.
4. Female/female twin pairs slept longer and later than male/male pairs.
5. When twins share a room parents may respond more quickly to the first sound a twin makes in order to avoid having the other twin wake up; however, this can reinforce the night waking behavior.

### CONCLUSION

Identical twins were found to be more similar in their sleep habits and sleep problems than fraternal twins, suggesting possible genetic determinants of sleep.