

## A Descriptive Study of the Use of Music During Naptime in Childcare Centers in Louisiana

### Abstract

The purpose of this study was to examine the sleep habits, genres, usage, and perceptions of music surrounding naptime at childcare centers in a Southern U.S. State. Participants (N=63) responded to questions via an electronic survey. Researchers indicated that the majority of childcare centers have similar naptime routines, and most students take over 30 minutes to fall asleep. Compact discs are the most common media source, and classical-instrumental music is the most widely played genre. In addition, teachers perceived that music's soothing effect was the most important aspect when choosing music for naptime.