

23-October-2025

Statement from an RCH spokesperson

The Royal Children's Hospital welcomes any opportunity to share our research and provide accurate health information.

We were approached to comment on our research published in February relating to parents' views on their children's sleep habits. The request was part of a story about methods parents are using to help their kids get to sleep.

It's not our practice to endorse brands or products, and we would encourage parents to start with good sleep hygiene habits before considering other methods.

More information can be found on our website: rchpoll.org.au