A Descriptive Study of the Use of Music During Naptime in Childcare Centers
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Purpose
The purpose of this study was to describe the use of recorded music in childcare centers during nap time.

Research Questions
1) How common is the use of music for naptime?
2) How is music used during naptime?
3) What genre of music is used during naptime?
4) What are the teachers’ attitudes towards using music during naptime?
5) What are the teachers’ selection criteria for music used during naptime?

Method
Design: Cross-sectional survey to gather descriptives, gauge attitudes, and look for relationships (Visser, Krosnick, and Lavrakas, 2008).

Items:
1) Demographics
2) Classroom environment and routine
3) The use of music during naptime
4) Respondents’ attitudes towards the use of music during naptime.

Sampling: Systematic random sample of online database (Fraenkel, Wallen, and Hyun, 1993).

Data Collection and Analysis: Qualtrics software remained active for 5 weeks.

Conclusions
- Nearly all childcare centers surveyed use music as the medium to this transition.
- Classical instrumental music is the most widely used.
- Most teachers prefer to use the same selection of music each day for naptime.
- Most teachers have a positive perception about the use of music for naptime because of its effectiveness in enhancing students sleep during that period.
- Notable is the lack of consideration of specific musical characteristics other than soothing, religious, and classical-instrumental.
- A closer look at musical characteristics that influence teacher choice might lead teachers to expand their selections and then have a more informed idea about exactly why certain types of music seem to give good naptime results in their particular classroom.
- There seems to exist connection between music and the relaxed, sleepy atmosphere valued during rest time by children and providers alike is an important one which deserves further study.