Introduction
Trouble with sleep is often accepted as a part of ageing with its prevalence reported up to half of the population surveyed. However it has been persuasively argued that in healthy ageing individuals, sleep need not diminish significantly or be of poor quality and that it is the chronic diseases and functional limitations that produce sleeping problems in the elderly. The objective of this study is to compare the prevalence of sleep problems and assess the influence of age, health and psycho-social factors in a sample of European countries.

Method
Data of non-institutionalised Europeans above 50 years from the Study of Health, Ageing and Retirement in Europe were used. The outcome was a binary variable based on self reported sleep problems. Explanatory variables included age, gender, and various health, social and psycho-social factors. Statistical analysis was done using multiple logistic regression and multi-level models.

Result
The prevalence of sleep problems ranged from 18% in Greece to 48% in Poland; Greece was an exception with other Southern European countries reporting more sleep problems. Age was significant factor only for women who had greater probability of sleep problems than men. Health was the major influence on sleep problems but psychosocial factors like trust in others and social factors like receiving help were also significantly associated.

Conclusions
Health is the major influence on sleep with age significant only for women. However there are significant differences among European countries in the prevalence of sleep problems.

Prevalence and characteristics of early childhood obesity in Turkey

Introduction
Developing societies experience a nutritional transition in line with their epidemiological transition. As a diet rich in carbohydrates and fats and poor in fibre spreads, one of the major consequences of the nutritional transition emerges: Obesity. Among all age groups, childhood obesity is especially important, since it is known that it is likely to lead to adulthood obesity; an important risk factor for cardiovascular disease and diabetes. This study focuses on early childhood (under age 5) obesity in Turkey. This emerging issue is gaining importance Turkey’s public health agenda, and there are already local studies to estimate the prevalence of childhood obesity. However, no national estimates have been obtained until recently, and this study presents the findings obtained for the further analysis study of the Turkey Demographic and Health Survey, 2008.

Methods
Data were obtained from the anthropometric measurements in this survey.

Results
The national prevalence of childhood obesity was calculated as 5.8%. It was higher in urban areas (6.7%) than rural areas (3.5%). It was also higher in the western region (7.8%), wealthiest households (11.5%); for children with at least high school educated mothers (9.8%), no siblings (8.4%) and higher birth weights (7.1%).

Multiple logistic regression analysis, where being obese was the outcome, revealed that risk factors associated with obesity were being female (2.8%); children born of mothers with less than secondary education (6.9%); children with higher birth weights (6.9%); and first born children (16.2%). These findings are in line with their epidemiological transition. As a diet rich in carbohydrates and fats and poor in fibre spreads, one of the major consequences of the nutritional transition emerges: Obesity. Among all age groups, childhood obesity is especially important, since it is known that it is likely to lead to adulthood obesity; an important risk factor for cardiovascular disease and diabetes. This study focuses on early childhood (under age 5) obesity in Turkey. This emerging issue is gaining importance Turkey’s public health agenda, and there are already local studies to estimate the prevalence of childhood obesity. However, no national estimates have been obtained until recently, and this study presents the findings obtained for the further analysis study of the Turkey Demographic and Health Survey, 2008.

Conclusions
The results of the study will be beneficial to the health planners and administrators to combat this problem as early as possible.

Mortality in an urban cohort in Ragama, Sri Lanka

Introduction
The leading causes of mortality in Sri Lanka are due to chronic diseases. We describe the mortality patterns in a 35–64-year-old urban cohort resident in Ragama, Sri Lanka and followed over 3 years.

Methods
A follow-up study was conducted among 2986 35–64-year-olds randomly selected from the Ragama Medical Officer of Health