Abstract
A literature review was conducted on the topic of sleep, its physiology and impact on development, behavior and learning in preschool age children. A discussion is presented of the importance and characteristics of this component of daily routine, as well as of some risk factors associated with early ages. Research results are included with the purpose of raising awareness of the need to prevent sleep-related problems and their consequences in childhood, as well as their impact on later ages.

Keywords
Sleep, school health, development, behavior, learning, preschool children, risk factors.