**Abstract**

 The synchronization problem for both continuous and discrete time complex dynamical networks (CDNs) with time-varying delays is investigated. Usingoptimal partitioning method, time-varying delays are partitioned into *l* subintervalsand generalised results are derived in terms of Linear matrix inequalities (LMIs).New delay-dependent synchronization criteria in terms of LMIs are derived by constructing appropriate Lyapunov-Krasovskii functional, reciprocally convex combination technique and some inequality techniques. Numerical examples are given toillustrate the effectiveness and advantage of the proposed synchronization criteria.