

Sleep disturbance in children and adolescents with ADHD : A polysomnographic study

Hasan, D. E.

Ain-Shams Univ., Cairo (EGY). Fac. of Med.

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To verify the hypothesis of sleep disturbances in ADHD through sleep profile questionnaire and polysomnogram study and to clarify possible pathophysiology of sleep disturbances in those children to allow better management and good quality of life.

Cross sectional, Case control study.

Method: The sample composed of 12 ADHD children according to DSM-IV criteria and 20 healthy controls from the information bank of the sleep laboratory. The following tools were applied in the study: Full medical and neuropsychiatric history and examination, WISC scale and Stanford Binnet test to test intelligence, Conner's parent rating scale-revised; long version (CPRS-L) to assess the severity of ADHD, The children's sleep habits questionnaire (CSHQ), Digital EEG records and Polysomnographic overnight study. MRI was done to 3 patients.

Results: The mean age of onset of ADHD is 4.8 years with mean duration of illness 2.6 years and the mean IQ level is 104.6. (41.67%) Of the patients have abnormal DEEG findings. The CSHQ showed that 75% of the patients have bed time resistance and day time sleepiness while parents of patients reported increased movements during sleep in 58.3% of their children. There was highly significant decrease in sleep efficiency, number of stage shifts, number of REM periods and total sleep time in ADHD patients.

Conclusion: ADHD is certainly associated with sleep disturbance which must be looked for in those particular children aiming for better management and good quality of life.