

Sleep profile in children with pervasive developmental disorders

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Thesis ; M.Sc. 2003

The aim of this study was to detect sleep activated EEG changes and organization of nocturnal sleep in previously diagnosed children with Pervasive Developmental Disorders.

Design of the study: Cross sectional case control study.

Method: The sample included 15 children (including 5 females and 10 males) and a control group formed of 10 healthy age and sex matched children, they were diagnosed according to DSM-IV to have PDD. A detailed clinical history was obtained from each child, the severity of PDD was evaluated by the CARS, subjective sleep assessment was obtained through CSHQ and finally sleep was objectively assessed using the polysomnogram.

Results: there is increased incidence (8/15-53.3%) of sleep related anxiety in PDDs children, increased night awakening (6/15-40%) and a higher incidence of some parasomnias including sleep bruxism (3/15-20%) and nocturnal enuresis (3/15-20%). And by using polysomnography, there is significant decrease in sleep efficiency % and REM % and significant increase in stage 1 %, stage 2 %, arousal index, number of awakenings and PLMS index among the PDDs children.

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