

Sleep pattern in primary enuretic children

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Aim of the work: To study the Sleep pattern in primary enuretic children.

Design of the study: Cross sectional study.

Method: The study included 20 primary monosymptomatic nocturnal enuretic patients (13 males and 7 females), they were recruited from The Pediatric, Urology and Neurology Outpatient Clinics- AlHussein University Hospital. They were aged from 6-15 years. 20 apparently healthy subjects without any history suggestive of any urological, neurological or other medical conditions were included as control group. They were relatives of staff members working at AlHussein University Hospital. Both groups were subjected to the following: 1) Detailed medical and neurological history; 2) A special nocturnal enuresis sheet; 3) Sleep questionnaire; 4) IQ testing to exclude mentally retarded children; 5) Standardized all night polysomnography (PSG) including Electroencephalogram (EEG), Electro-oculogram (EOG), Electromyogram (EMG) and Electrocardiogram (ECG).

Results: The study revealed that 12 patients (60%) suffered from excessive somnolence in the form difficulty to wake up in the morning. While, three controls (15%) suffered from difficulty to wake up in the morning with highly significant difference between both groups ($P<0.01$). There was also a significant increase in stage 3, 4 duration in patient group compared to control group ($P<0.01$) and there was a highly significant decrease in the arousal index in patient group compared to control group ($P<0.01$).

10- Conclusion: nocturnal enuresis affects greatly the sleep pattern.