

## Abstract of the 3<sup>th</sup> research

عنوان البحث باللغة الإنجليزية:

Evaluation of Sleep Difficulties in Egyptian Children with Down Syndrome: A Case–Control Study

عنوان البحث باللغة العربية:

تقييم صعوبات النوم لدى الأطفال المصريين من ذوي متلازمة داون: دراسة الحالات والشواهد

المجلة:

Indian Journal of Otolaryngology and Head & Neck Surgery. volume 76, pages 97 -102(2024).

المشاركون في البحث:

1. د. محمد ممدوح سيد أحمد

2. د. محمد بديع طاهر قطارية

3. د.رحاب عبد الحفيظ زيتون

4. د.عائشة فوزي عبد الهادي

### Abstract

Sleep is a major concern in Down syndrome children. Obstructive sleep apnea, delayed sleep onset, night-time and early awakenings have been reported contributing to the cognitive and behavioral outcomes. The aim is to evaluate sleep related difficulties in Down syndrome young children. A questionnaire of sleep related difficulties was translated and validated into Arabic language then was filled in by caregivers of 45 Down syndrome and 48 normal children. The questionnaire consisted of sections related to snoring, breathing difficulties, mouth breathing, upper respiratory tract infections, sleep position, restless

sleep and frequent awakening, and daytime behavior. The results show highly significant differences between the total and subtotal questionnaire scores with higher scores in the control group. The questionnaire has a good reliability. Test–retest reliability of the questionnaire revealed a significant positive correlation in the total questionnaire and all the subitems except for the 7th subitem of the daytime behavior which showed no significant correlation. The questionnaire showed 100% sensitivity and 70.8% Specificity with at cut-off value of 8.5. The sleep related difficulties questionnaire has good psychometric properties and could detect significant sleep problems in Down syndrome children.

أ.د/ شريف

أ.د/ نجلاء الشربيني

عميد كلية الطب جامعة الفيوم

رئيس القسم

الجندي