

Sleeping Disorders among Children Suffering from Hyperactive Disorder

Thesis

Submitted for Partial Fulfillment of the Requirements of
the Master Degree in Pediatric Nursing

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Abstract

The study **aimed to** assess sleeping disorders among children suffering from hyperactive disorder. **Research design:** A descriptive design was utilized in this study. **Settings:** The study was conducted at Psychiatric Out-patient Clinics of Pediatric Hospital and the Psychiatric Center affiliated to Ain Shams University Hospitals. **Subject & methods:** A purposive sample composed of 150 children suffering from sleeping disorders and attention deficit/hyperactivity disorder at the previously mentioned settings. **Tools of the study:** Involved a pre-designed questionnaire sheet and the children sleeping disorders checklist, to assess sleeping disorders for children with attention deficit/ hyperactivity disorder. **Results:** The majority of the studied children were males and less than half of them had usually sleeping disorders, more than one third of them had sometimes sleeping disorders, while less than one fifth of the studied children had rarely sleeping disorders. Consequently, almost all of the studied caregivers had satisfactory knowledge about attention deficit/ hyperactivity disorder, while slightly less than two thirds had unsatisfactory knowledge about sleeping disorders. **Conclusion:** The current study concluded that there was a statistically significant difference between sleeping disorders of the studied children and attention deficit/ hyperactivity disorder ,while less than half of the studied children suffering from attention deficit/hyperactivity disorder had usually sleeping disorders namely; parasomnias as sleep talking and dyssomnias as insomnia. **Recommendations:** The study was recommended that educational training program are essential to increase awareness about children having attention deficit/ hyperactivity disorder with sleeping disorders are needed to investigate the efficacy of a behavioral sleep program in treating sleep problems experienced by children with attention deficit/ hyperactivity disorder and ensure an effective and sensitive response to the needs of those children and their parent's caregivers.

Key words: Sleeping disorders, Children, Attention deficit/ hyperactivity
