Sleep Disturbances in Children with Attention-Deficit/Hyperactivity Disorder (ADHD): Comparative Study with Healthy Siblings.

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Abstract

OBJECTIVES:
Sleep disturbances in children with ADHD impact their functioning and overall Quality of Life. This paper's purpose is to study the occurrence of sleep disturbances in children with ADHD, in comparison to their healthy siblings and further, within the ADHD group, to look for correlation between sleep disturbances and age, severity of symptoms, presentations of ADHD and illness parameters.

METHODS:
The parents of 120 children of age group between 5-16 years, (60 children diagnosed with ADHD as per DSM-5 criteria and 60 of their healthy siblings) consecutively enrolled from a hospital's Child Psychiatry Outpatient services were interviewed using Child Sleep Habits Questionnaire (CSHQ) and severity of ADHD symptoms was rated using ADHD - RS.

RESULTS:
Sleep disturbances are more prevalent in pharmacologically treated children with ADHD than their healthy siblings, reduce with increasing age and are found more in the Predominantly Hyperactive/impulsive presentation of ADHD.

CONCLUSION:
Sleep disturbances are more prevalent in pharmacologically treated ADHD, making it an important aspect of ADHD management.