

SLEEP DISORDERS IN CHILDREN WITH ADHD AND THE TREATMENT

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Although somewhat overlooked by child psychiatrists and neurologists in clinical practice, parent-reported sleep complaints in children diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD) are quite frequent, even in the absence of stimulant medication. Sleep issues are relevant to the management of children with ADHD. Such problems can be a significant source of distress for these children and/or their parents. They may also worsen symptoms of ADHD. Therefore, the appropriate assessment and treatment of sleep problems might improve the quality of life of children with ADHD and their families and reduce the severity as well as the impairment of ADHD.

The etiology of these sleep problems is multifactorial. This first part of the presentation will provide a comprehensive review of the literature on sleep disturbances and disorders associated with ADHD, including sleep onset insomnia, sleep disordered breathing, excessive nocturnal motricity in sleep, restless legs syndrome, sleep disturbances caused by psychiatric co-morbidities, and sleep problems associated with ADHD medications. The second part of the talk will focus on the clinical assessment and management of sleep disturbances associated with ADHD, according to evidence based data, as well as on the basis of the author's clinical experience.

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