

SLEEP DISORDERS IN CHILDREN WITH PRE-EXISTING NEUROLOGICAL PATHOLOGIES

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Introduction. Sleep is an essential process for the growth and development of children, and for children with neurological diseases, it is also crucial to recovery. At the same time, pediatric neurological conditions are often associated with sleep disorders, which can have a negative impact on the quality of life and morbidity of these children.

Material and methods. We assessed sleep disorders in 59 children (35 b, 24 g) with stroke, 50 children (29 b, 21 g) with epilepsy, 34 children (29 b, 5 g) with cerebral palsy (hospitalized in the neurology department of PHI Mother and Child Institute), using the *Sleep Disturbance Scale for Children (SDSC)*. According to the *SDSC* standardized T-score, a total score greater than 39 indicates at least the presence of a sleep disorder. Excel and SPSS, version 20, were used for statistical analysis.

Results. According to the T-score, 76,3% of children with stroke, 84% of children with epilepsy and 79,4% of children with cerebral palsy reported sleep disturbances. Analyzing the *SDSC* subdomains, pathological daytime hypersomnolence (85%) and sleep-disordered breathing (64%) predominated in the epilepsy group, sleep initiation and maintenance disorders (62,2%) and sleep breathing disorders (28,9%) in the stroke group, sleep initiation and maintenance disorders (64,7%) and pathological daytime hypersomnolence (35,3%) in the cerebral palsy group.

Conclusion. In our group, children with neurological pathologies have a high incidence of sleep disorders (76-84% of children). The most common sleep disorders were sleep initiation and maintenance disorders, pathological daytime hypersomnolence and sleep breathing disorders.

Keywords: sleep, disorders, children, neurological, pathologies