

Original Paper

Sleep problems in children with attention deficit and hyperactivity disorder

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Abstract

Background and Objective: Attention deficit and hyperactivity disorder (ADHD) is the most common neurodevelopmental disorder in childhood. 20-50% of ADHD affected children have sleep disorders which can cause cognitive and behavioral disorders. This study was done to determine the sleep problems in children with ADHD.

Method: In this case control study, 52 children with ADHD was considered as cases and 52 school age children without ADHD as a control group in Gorgan, northern Iran during 2013. Sleep habits (CSHQ) and DSM-IV questionnaires were filled for each child.

Results: Sleep problems were observed in 45 (86.5%) and 36 (69.2%) of children in case and control group, respectively ($P < 0.05$). The mean score of sleep problems in case and control group was 48.25 ± 6.61 and 45.87 ± 6.23 , respectively ($P < 0.05$). The score of resistance to sleep, anxious habits of sleep and waking during night in cases were more than controls ($P < 0.05$).

Conclusion: Sleep problems in children with ADHD are more frequent than children without ADHD.

Keywords: Attention deficit hyperactivity disorder, Sleep problem, Children

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