

BÖLÜM 5

ÇOCUK VE ERGENLERDE UYKU BOZUKLUĞUNUN KLİNİK ÖZELLİKLERİ VE DEĞERLENDİRİLMESİ

Abdullah BOZKURT¹

Giriş

Dünya Sağlık Örgütü, sağlığı *bedenen, ruhen ve sosyal yönden tam bir iyilik hâli* olarak tanımlamaktadır. Sağlıklı ve üretken günler, sağlıklı gecelere, yani kaliteli uykuya bağlıdır. Uyku, bilinçli olma hâlinin, duyuşal işlevlerin ve istemli kas hareketlerinin azalmasıyla karakterize; geçici, periyodik ve psikofizyolojik bir süreçtir. Çocuk ve ergenlerde tıbbi ve emosyonel sağlık için uygun miktarda uyku süresi ve uyku kalitesi gereklidir. Giderek artan kanıtlar, uyku bozukluklarının çocuklarda fiziksel, bilişsel, duyuşal ve sosyal gelişimi engelleyebileceğini göstermektedir. Bundan dolayı, çocuklarda uyku sorunlarının belirlenmesi önemlidir. Uyku bozuklukları çocuk ve ergenlerde sık görülmektedir, ancak yeteri kadar fark edilmemektedir veya yetersiz tedavi edilmektedir (1).

Çocuklarda uyku bozuklukları, tıbbi hastalıklarda ve ruh sağlığı bozukluklarında genel topluma göre daha sık görülmekte olup, ikisi arasında çift yönlü bir ilişki vardır. Uykunun düzenlenmesi hem fiziksel sağlığı hem de ruh sağlığını korumak için önemli bir yet tutmaktadır (2).

Çocuklarla çalışan uzmanların çoğu, çocuk ve ergenlerde uyku problemlerini ve bozukluklarını tespit etmek için sistematik bir tarama, tanımlama veya sevk süreci kullanmamaktadır. Bu nedenle, uyku bozukluğu olan çocukların sadece %2 ile %3'ü tespit edilip, tedavi edilebilmektedir (3). Uyku bozukluklarını değer-

¹ Dr. Öğr. Üyesi, Atatürk Üniversitesi Çocuk ve Ergen Ruh Sağlığı ve Hastalıkları, drbozkurta@gmail.com



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