

BÖLÜM 7

BEBEK VE KÜÇÜK ÇOCUKLARDA UYKU VE UYKU SORUNLARI

Canem KAVURMA¹
Mehmet KAVURMA²

Giriş

Bebek ve küçük çocuklarda sağlıklı uyku, çocuğun fiziksel, ruhsal, bilişsel ve duygusal gelişimi için kritik öneme sahiptir (1). Bebek ve küçük çocukların hayatlarının büyük kısmını oluşturan uyku, erişkinlerin uykusundan önemli farklılıklar gösterir. Bununla birlikte, çocuklarda da uyku ile ilgili bazı özellikler (uykuya dalma süresi, toplam uyku süresi, gündüz uykuları, uyku yapısı) yaş ile değişmektedir. Yenidoğan bir bebek gününün %70'ini uykuda geçirirken, gün içinde uykuya ayırdığı zaman büyüdükçe azalır.

Bebek ve çocukluk dönemindeki uyku sorunları, ebeveynlerin yaşadıkları en yaygın sağlık sorunları arasındadır (2). Çocuklarda uyku sorunları; uykuya dalma zorluğu, gece sık sık uyanma, uykuya gitmek istememe, gün içinde uyku hâli ve huzursuz ağlamalar şeklinde kendini göstermekte ve çocukların yaklaşık dörtte birinde karşımıza çıkmaktadır (3). Farklı kültürlerde yapılan çalışmalarda, bebek ve çocuklardaki uyku sorunlarının prevalansı %11-40 arasında bulunmuştur (4). Bebek ve çocuklarda gece sık uyanmalar %15-35 oranında görülürken; uykuya dalma zorluğu %10-29 oranındadır (5).

¹ Uzm. Dr., Sağlık Bilimleri Üniversitesi Dr. Behçet Uz Çocuk Hastalıkları Cerrahisi Eğitim ve Araştırma Hastanesi, kavurmacanem@gmail.com

² Uzm. Dr., Manisa Ruh Sağlığı ve Hastalıkları Hastanesi, mehmetkavurma@windowslive.com



Kaynaklar

1. McDowall PS, Galland BC, Campbell AJ, Elder DE. Parent knowledge of children's sleep: A systematic review. *Sleep Medicine Reviews*. 2017;31:39-47.
2. Mindell JA, Sadeh A, Kohyama J, How TH. Parental behaviors and sleep outcomes in infants and toddlers: A cross-cultural comparison. *Sleep Med*. 2010; ;11(3):274-80.
3. Sadeh A, Mindell JA, Luedtke K, Wiegand B. Sleep and sleep ecology in the first 3 years: A web-based study. *J Sleep Res*. 2009; 18(6): 60-73.
4. Sadeh A, Mindell J, Rivera L. 'My child has a sleep problem': A cross-cultural comparison of parental definitions. *Sleep Med*. 2011; 12(4): 478-482.
5. Vallido T, Jackson D, O'brien L. Mad, sad and hormonal: The gendered nature of adolescent sleep disturbance. *J Child Heal Care*. 2009; 13(1): 7-18.
6. Mirmiran M, Maas YGH, Ariagno RL. Development of fetal and neonatal sleep and circadian rhythms. *Sleep Medicine Reviews*. 2003; 7: 321-334.
7. Burnham MM, Goodlin-Jones BL, Gaylor EE, Anders TF. Nighttime sleep-wake patterns and self-soothing from birth to one year of age: A longitudinal intervention study. *J Child Psychol Psychiatry Allied Discip*. 2002; 43: 713-725.
8. Owens JA, Witmans M. Sleep problems. *Curr Probl Pediatr Adolesc Health Care*. 2004; 34:154-179.
9. Özmert EN. Erken çocukluk gelişiminin desteklenmesi-III: Aile. *Cocuk Sagligi ve Hast Derg*. 2006; 49: 256-273.
10. Jenni OG, Borbély AA, Achermann P. Development of the nocturnal sleep electroencephalogram in human infants. *Am J Physiol - Regul Integr Comp Physiol*. 2004; 286: R528-R538.
11. Zeanah PD, Gleason MM. (2009) Infant mental health in primary health care. *Handb infant Ment Heal* (3rd ed). pp. 362-376. New York: The Guilford Press.
12. Engle-Friedman M, Palencar V, Riel S. Sleep and effort in adolescent athletes. *J Child Heal Care*. 2010; 14, 131-41.
13. Blunden SL, Thompson KR, Dawson D. Behavioural sleep treatments and night time crying in infants: Challenging the status quo. *Sleep Medicine Reviews*. 2011; 15(5), 327-334.
14. Hunter LP, Rychnovsky JD, Yount SM. A selective review of maternal sleep characteristics in the postpartum period. *JOGNN - Journal of Obstetric, Gynecologic, and Neonatal Nursing*. 2009; 38(1), 60-68.
15. Carlin RF, Moon RY. Risk factors, protective factors, and current recommendations to reduce sudden infant death syndrome a review. *JAMA Pediatrics*. 2017; 171(2), 175- 180.
16. Sahin F, Tasar MA. Sarsılmış bebek sendromu ve önleme programları. *Türk Pediatr Arşivi*. 2012; 47, 152-8.
17. Hysing M, Harvey AG, Torgersen L, Ystrom E, Reichborn-Kjennerud T, Sivertsen B. Trajectories and predictors of nocturnal awakenings and sleep duration in infants. *JDev Behav Pediatr*. 2014; 35(5):309-16.
18. Mileva-Seitz VR, Bakermans-Kranenburg MJ, Battaini C, Luijk MPCM. Parent-child bed-sharing: The good, the bad, and the burden of evidence. *Sleep Medicine Reviews*. 2017; 32:4-27.
19. Schneider J, Mitchell I, Singhal N, Kirk V, Hasan SU. Prenatal cigarette smoke exposure attenuates recovery from hypoxemic challenge in preterm infants. *Am J Respir Crit Care Med*. 2008; 178(5), 520 -52.
20. Mindell JA, Meltzer LJ, Carskadon MA, Chervin RD. Developmental aspects of sleep hygiene: Findings from the 2004 National Sleep Foundation Sleep in America Poll. *Sleep Med*. 2009; 10, 771-779.
21. Kaley F, Reid V, Flynn E. Investigating the biographic, social and temperamental correlates of young infants' sleeping, crying and feeding routines. *Infant Behav Dev*. 2012; 35(3), 596-605.
22. Hiscock H. Rock-a-bye baby? Parenting and infant sleep. *Sleep Medicine Reviews*. 2010; 14, 85-87.



23. Şahin L, Aşçıoğlu M. Uyku ve Uykunun üzenlenmesi. *Sleep and Regulation of Sleep*. Journal of Health Sciences). 2013; 22(1), 93-98.
24. Hiscock H, Cook F, Bayer J, Le HND, Mensah F, Cann W, et al. Preventing early infant sleep and crying problems and postnatal depression: A randomized trial. *Pediatrics*. 2017; 133(2), 346-354.
25. Simola P, Laitalainen E, Liukkonen K, Virkkula P, Kirjavainen T, Pitkäranta A, et al. Sleep disturbances in a community sample from preschool to school age. *Child Care Health Dev*. 2011; 38 (4), 572-580.
26. Akgün Kostak M, Kocaaslan EN, Bilsel A, Mutlu A. Hastanede Yatarak Tedavi Gören 3-6 Yaş Çocukların Uyku Alışkanlıklarının Belirlenmesi. *Sağlık Bilim ve Meslekleri Derg*. 2016; 3(1), 123-132.
27. Sivertsen B, Harvey AG, Reichborn-Kjennerud T, Torgersen L, Ystrom E, Hysing M. Later emotional and behavioral problems associated with sleep problems in toddlers: A longitudinal study. *JAMA Pediatr*. 2015; 169(6), 575-582.
28. Must A, Parisi SM. Sedentary behavior and sleep: Paradoxical effects in association with childhood obesity. *Int J Obes*. 2009; 33, S82-S86.
29. Kocevskaja D, Muetzel RL, Luik AI, Luijk MPCM, Jaddoe VW, Verhulst FC, et al. The developmental course of sleep disturbances across childhood relates to brain morphology at age 7: The generation r study. *Sleep*. 2017; 40(1).
30. Bruni O, Baumgartner E, Sette S, Ancona M, Caso G, Di Cosimo ME, et al. Longitudinal study of sleep behavior in normal infants during the first year of life. *J Clin Sleep Med*. 2014; 15, 1119-1127.
31. Gaylor EE, Goodlin-Jones BL, Anders TF. Classification of young children's sleep problems: A pilot study. *J Am Acad Child Adolesc Psychiatry*. 2001; 40, 61-67.
32. Klaehn RLP. DC:0-5: Diagnostic Classification Of Mental Health And Developmental Disorders Of Infancy And Early Childhood. *Infant Ment Health J*. 2018.
33. Mindell JA, Kuhn B, Lewin DS, Meltzer LJ, Sadeh A. Behavioral treatment of bedtime problems and night wakings in infants and young children. *Sleep*. 2006; 29, 1263-1276.
34. Fehlings D, Weiss S, Stephens D. Frequent night awakenings in infants and preschool children referred to a sleep disorders clinic: The role of nonadaptive sleep associations. *Child Heal Care*. 2001; 30, 43-55.
35. Crowler J, Keener M, Ginsburg N, Anders T. Sleep Habits in Toddlers 18 to 36 Months Old. *J Am Acad Child Adolesc Psychiatry*. 1987; 26, 510-515.
36. Bates JE, Viken RJ, Alexander DB, Beyers J, Stockton L. Sleep and adjustment in preschool children: Sleep diary reports by mothers relate to behavior reports by teachers. *Child Development*. 2002; 73, 62-74.
37. Sorondo BM, Reeb-Sutherland BC. Associations between infant temperament, maternal stress, and infants' sleep across the first year of life. *Infant Behav Dev*. 2015; 39, 131-135.43.
38. Vasak M, Williamson J, Ot JG, Zwicker JG. Sensory processing and sleep in typically developing infants and toddlers. *Am J Occup Ther*. 2015; 69(4):6904220040.
39. Nunes ML. Sleep and epilepsy in children: Clinical aspects and polysomnography. *Epilepsy Res*. 2010; 89:121-5.
40. Crichton GE, Symon B. Behavioral management of sleep problems in infants under 6 months - what works? *Journal of Developmental and Behavioral Pediatrics*. 2016; 37(2), 164-171.
41. Douglas PS, Hill PS. Behavioral sleep interventions in the first six months of life do not improve outcomes for mothers or infants: A systematic review. *Journal of Developmental and Behavioral Pediatrics*. 2013.; 34(7), 497-507.
42. Symon B, Crichton GE. The joy of parenting: Infant sleep intervention to improve maternal emotional well-being and infant sleep. *Singapore Med J*. 2017; 58, 50-54.
43. Mindell JA, Lee C. Sleep, mood, and development in infants. *Infant Behav Dev*. 2015; 41, 102-107.



44. Andersen IM, Kaczmarek JA, McGrew SG, Malow BA. Melatonin for insomnia in children with autism spectrum disorders. *J Child Neurol.* 2008; 23: 482-485.
45. Merenstein D, Diener-West M, Halbower AC, Krist A, Rubin HR. The Trial of Infant Response to Diphenhydramine. *Arch Pediatr Adolesc Med.* 2006; 160: 707-712.
46. Van Maanen A, Meijer AM, Smits MG, Van Der Heijden KB, Oort FJ. Effects of melatonin and bright light treatment in childhood chronic sleep onset insomnia with late melatonin onset: A randomized controlled study. *Sleep.* 2017; 40(2).
47. Klein-Schwartz W. Trends and toxic effects from pediatric clonidine exposures. *Arch Pediatr Adolesc Med.* 2002; 156, 392– 396.
48. Ferber SG, Laudon M, Kuint J, Weller A, Zisapel N. Massage therapy by mothers enhances the adjustment of circadian rhythms to the nocturnal period in full-term infants. *J Dev Behav Pediatr.* 2002; 23, 410–415.
49. Petzoldt J, Wittchen HU, Einsle F, Martini J. Maternal anxiety versus depressive disorders: Specific relations to infants' crying, feeding and sleeping problems. *Child Care Health Dev.* 2016; 42(2), 231–245.
50. Hall WA, Clauson M, Carty EM, Janssen PA, Saunders RA. Effects on parents of an intervention to resolve infant behavioral sleep problems. *Pediatr nursing.* 2006; 32, 243–250.
51. Smedje H, Broman JE, Hetta J. Associations between disturbed sleep and behavioural difficulties in 635 children aged six to eight years: A study based on parents' perceptions. *Eur Child Adolesc Psychiatry.* 2001; 10, 1–9.
52. Hysing M, Sivertsen B, Garthus-Niegel S, Eberhard-Gran M. Pediatric sleep problems and social-emotional problems. A population-based study. *Infant Behav Dev.* 2014; 42, 111–118.
53. Williams KE, Berthelsen D, Walker S, Nicholson JM. A Developmental Cascade Model of Behavioral Sleep Problems and Emotional and Attentional Self-Regulation Across Early Childhood. *Behav Sleep Med.* 2017; 15(1), 1–21.
54. Kurth S, Olini N, Huber R, LeBourgeois M. Sleep and Early Cortical Development. *Current Sleep Medicine Reports.* 2015; 1, 64–73.
55. Gómez RL, Edgin JO. Sleep as a Window Into Early Neural Development: Shifts in Sleep-Dependent Learning Effects Across Early Childhood. *Child Dev Perspect.* 2015; 9(3), 183–189.
56. Reilly JJ, Armstrong J, Dorosty AR, Emmett PM, Ness A, Rogers I, et al. Early life risk factors for obesity in childhood: Cohort study. *Br Med J.* 2005; 330, 1357.
57. Williams KE, Nicholson JM, Walker S, Berthelsen D. Early childhood profiles of sleep problems and self-regulation predict later school adjustment. *Br J Educ Psychol.* 2016; 86, 331–350.