BÖLÜM 13

ÇOCUK VE ERGENLERDE NREM UYKUSU UYANMA BOZUKLUKLARI

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Giriş

Uyku emosyonel, bilişsel, fiziksel ve gelişimsel sağlık için kritik role sahiptir. Çocuk ve ergende uyku bozukluklarının, anksiyete, duygudurum, madde kullanım bozuklukları ve suisidal davranışlar gibi pek çok psikiyatrik durum için risk faktörü olduğu saptanmıştır (1, 2). Bu bölümde incelenecek olan hızlı göz hareketleri olmayan (Non-rapid eye movement, NREM) uyku parasomnileri, aynı zamanda *NREM uykusu uyanma (arousal) bozukluğu* olarak da adlandırılmaktadır. NREM parasomnileri, hem Amerikan Psikiyatri Derneği'nin 2022'de yayınlanan Mental Bozuklukların Tanısal ve İstatistiksel El Kitabı gözden geçirilmiş beşinci baskısında (Diagnostic and Statistical Manual of Mental Disorders-5 Text Revision, DSM-5 TR™) hem de Amerikan Uyku Tıbbı Akademisi'nin (American Academy of Sleep Medicine, AASM) Uluslararası Uyku Bozuklukları Sınıflandırması'nın son olarak 2014'te revize edilmiş üçüncü baskısında (International Classification of Sleep Disorders, ICSD-3) parasomniler başlığı altında yer almaktadır (3, 4). Geçmişte, uyku bozuklukları için farklı sınıflandırma sistemleri arasında sadece kısmi bir anlaşma varken, son revizyonlarla tanı kriterleri daha uyumlu hâle getirilmeye çalışılmış, yaşa uygun belirteçler de eklenmiştir. Halihazırda DSM-5 TR ™ ile ICSD-3 tanı kriterleri daha uyumludur. ICSD-3, uyku uzmanlarına yönelik olduğu için daha fazla ayrıntı içerirken, DSM-5 TR ™'deki klinik olarak anlamlı diğer değişiklik, uyku bozuklukları ve psikiyatrik bozuklukların aynı anda teş-

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