

BÖLÜM 18

ÇOCUK VE ERGENLERDE DUYGUDURUM BOZUKLUKLARI VE UYKU

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Giriş

Uyku, çocuk ve ergenlerin gelişimi ve günlük işlevselliği için hayati öneme sahiptir (1). Yeterli ve kaliteli uykunun, fiziksel ve ruhsal sağlığın korunmasında kritik rol oynadığına şüphe yoktur (2). İnsomnia, hipersomnia ve sirkadiyen ritm bozuklukları dâhil olmak üzere uyku bozuklukları; sosyal, bilişsel, akademik, duygusal ve fiziksel performansı ve gelişimi önemli ölçüde bozabilmektedir (3,4). Uyku bozuklukları, çocuk ve ergenlerde duygudurum bozukluğu semptomlarının gelişiminde, ilerlemesinde ve sürmesinde önemli bir rol oynamaktadır (5–8). Duygudurum bozukluğu tanısı konulan çocuk ve ergenlerde, uyku bozuklukları sık eşlik ettiği ve klinik tabloyu daha komplike hale getirdiği için klinik açıdan kapsamlı bir değerlendirme yapmak gerekmektedir.

Mevcut araştırmaların çoğu, insomnia ve duygudurum bozuklukları arasındaki ilişkiye odaklansa da gecikmiş uyku fazı, yetersiz uyku süresi ve küçük çocuklarda yatma zamanı direnci gibi diğer uyku bozuklukları da duygudurum ataklarında önemli rol oynayabilmektedir (5,8,9). Çocuk ve ergenlerde, depresyon ve uyku bozuklukları arasındaki ilişkiyle ilgili oldukça fazla literatür varken, pediatrik grupta bipolar bozukluk ve uyku hakkında kısıtlı sayıda araştırma bulunmaktadır.

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gençler arasında uyku sorunlarının BDT-I yoluyla iyileştirilebileceği fikrini desteklemektedir. Bipolar bozukluğu olan gençler hakkında BDT-I verisi olmamasına rağmen, yetişkin verileri BDTI-BB'nin, bipolar bozukluğu olan yetişkinlerde hem uykusuzluğu hem de duygudurum semptomlarını iyileştirebileceğini düşündürmektedir. Ayrıca, gecikmiş uyku fazı gibi yeterince değerlendirilmeyen ve yeterince tedavi edilmeyen uyku sorunları hakkında daha fazla araştırmaya ihtiyaç vardır.

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