

# BÖLÜM 22

## ÇOCUK VE ERGENLERDE OTİZM SPEKTRUM BOZUKLUĞU VE UYKU

Berkan ŞAHİN<sup>1</sup>

### Giriş

Otizm spektrum bozukluğu (OSB), sosyal iletişim ve sosyal etkileşimde kalıcı eksiklikler ve sınırlı, tekrarlayan davranış, ilgi alanları ve etkinliklerle karakterize biyolojik temelli nörogelişimsel bir bozukluktur (1). Sıklığı giderek artmakla birlikte, yakın zamanda yapılan araştırmalar, her elli dört çocuktan birinin OSB tanılı olduğunu göstermektedir (2). OSB sıklığının artması ile daha çok aile etkilenmekte, bozukluğun etyopatogenezi ve kliniğine dair çalışmalar giderek artmaktadır. Bu çalışma alanlarından biri olarak uyku, önemli bir antite olarak kabul edilmektedir.

Uygunun çocuklarda yürütücü işlevler, duygudurum düzenleme ve davranış gibi klinik alanlar ve günlük işlevsellik üzerindeki etkileri bilinmektedir. Uyku, tipik sinaptik gelişim ve beyin olgunlaşması için önemli bir fizyolojik fenomendir. Uyku bozukluğu olan çocuklar, duygusal ve bilişsel gelişime karşı savunmasızdır. Uyku bozukluklarının, OSB'li çocuklar arasında endemik olduğu ifade edilmektedir. Uyku bozuklukları, OSB'li çocuklarda nöral olgunlaşma ve organizasyon güçlükleri ile ilişkili bulunmuştur (3). OSB'li çocuk ve ergenlerin uyku bozuklukları uzun süre devam ettiğinden ve aynı yaşam alanını paylaşan anne-babanın ve kardeşlerin uyku düzenini değiştirebildiğinden tanı ve tedavisi önem arz etmektedir.

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## Kaynaklar

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