

NÖROGELİŞİMSEL BOZUKLUĞU OLAN ÇOCUKLARDA UYKU SAĞLIĞI VE BOZUKLUKLARI

Abdülbaki ARTIK¹

OTİZM SPEKTRUM BOZUKLUĞUNDA UYKU BOZUKLUKLARI

Otizm spektrum bozukluğu (OSB), sosyal iletişimin ve sosyal etkileşimin erken gelişiminde kalıcı eksiklikler, kısıtlı ve tekrarlayan davranış aktiviteleri ile karakterize ve zihinsel engellilik ya da global gelişme geriliği ile daha iyi açıklanamayan bir grup nörogelişimsel bozukluklardır.¹ Davranışsal sorunların varlığıyla birlikte, OSB'ye sıklıkla hastaların kendilerinde ve ailelerinde hastalık morbiditesine önemli ölçüde katkıda bulunabilecek çeşitli uyku problemleri eşlik eder. OSB'li çocuklarda uyku problemleri sadece gündüz davranışlarını ve basmakalıp ve tekrarlayıcı davranışlar gibi temel belirtileri kötüleştirmez, aynı zamanda ebeveyn ve aile stres düzeylerini de artırır.^{2,3} Son Hastalık Kontrol ve Önleme Merkezleri raporları, OSB prevalansının son birkaç on yılda önemli ölçüde arttığını göstermektedir; Bu nedenle, uyku bozukluklarının yükünün de orantısız olarak arttığını düşünmek mantıksız değildir.⁴

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DEHB'de uyku problemlerinin farmakolojik yönetimi, özellikle davranışsal yöntemlerin sınırlı bir etkinliği varsa, davranışsal müdahalelerle birlikte düşünülmelidir. DEHB'de uyku problemlerini tedavi ettiği düşünülen ajanların bazıları, klonidin, zolpidem ve melatonin gibi ilaçlardır.

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