

ÇOCUKLARDA UYKU BOZUKLUKLARININ TANI VE TEDAVİSİ

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GİRİŞ

Çocukluk çağında uyku bozuklukları çocuğun fiziksel, bilişsel, duygusal ve sosyal gelişimini etkilemektedir. Nörogelişimsel bozukluk, öğrenme güçlüğü veya davranış sorunları olan çocukların, genel pediatrik popülasyona kıyasla uyku sorunları açısından daha yüksek risk altında olduğu da bilinmektedir.¹⁻³ Uyku bozukluğu olan çocuklar yetişkinlerden farklı semptomlar gösterebilir ve pediatrik yaş grubunda uyku problemlerinin klinik belirtileri yaşa ve gelişim düzeyine göre değişebilir.

Bu bölümde, çocuklarda uyku bozukluklarını genel yaklaşım, yapılandırılmış bir uyku öyküsü alma, ileri tanı testleri için endikasyonlar ve çocuklarda sık görülen uyku bozuklukları tedavi yaklaşımlarından bahsedilecektir.

Yaş Gruplarına Göre Uyku Süreleri

Çocuklar ve adolesanlar için uyku gereksinimi yaşa göre değişmektedir. Özellikle bebeklik döneminde geniş bir yelpazeye sahiptir. Sağlıklı gelişim ve gün içi fiziksel, bilişsel, sosyal işleyiş için yaş gruplarına göre aşağıdaki uyku saatleri önerilmektedir.⁴⁻⁶

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- İnsomni, sirkadiyen ritim uyku uyanıklık bozuklukları, komplike olmayan parasomniler veya davranışsal uyku problemleri olan çocuklar için PSG rutin olarak endike değildir.
- Çoklu uyku gecikme testi (ÇULT), gündüz aşırı uykululuk şikayeti, primer olarak narkolepsi şüphesi olan hastaları değerlendirmek için kullanılan için objektif bir laboratuvar değerlendirmesidir.
- Yeni teşhis ve tedavi yöntemleri, uyku bozukluğu olan hastalar için bakımın kişiselleştirilmesine yardımcı olur.

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Çocuklarda Uyku Bozuklukları

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Çocuklarda Uyku Bozukluklarının Tanı ve Tedavisi

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