

Sleep Disorders in Children: Caused by Various Diseases

Inge Leandro*

Department of Psychiatry, University of Michigan, Michigan, USA

DESCRIPTION

Sleep disorder is a common problem in children that affects their ability to fall asleep or stay asleep. It can lead to a range of issues, including daytime fatigue, irritability, and difficulty concentrating. According to the National Sleep Foundation, about 50% of children experience some kind of sleep problem at some point during their childhood. Sleep disorder in children can have various causes, such as medical conditions, developmental issues, environmental factors, or behavioral problems. For instance, conditions like asthma, allergies, or sleep apnea can interfere with a child's sleep, while developmental disorders like autism spectrum disorder or Attention Deficit Hyperactivity Disorder (ADHD) can affect their ability to regulate their sleep-wake cycle. Environmental factors, such as noise, light, or temperature, can also disrupt sleep, as well as poor sleep hygiene or irregular sleep schedules. The consequences of sleep disorder in children can be significant, affecting not only their health but also their academic performance and social interactions. Studies have shown that sleep deprivation in children can lead to poor academic performance, impaired cognitive function, and behavioral problems such as hyperactivity, impulsivity, and irritability. In addition, children who experience sleep problems are at a higher risk of developing mental health issues, including anxiety and depression. One of the most common sleep disorders in children is insomnia, which refers to difficulty falling or staying asleep. Insomnia can have different causes, such as anxiety, stress, or poor sleep habits. For instance, some children may have trouble falling asleep because they are afraid of the dark or have nightmares, while others may have a hard time staying asleep due to frequent awakenings or restless sleep. Another common sleep disorder in children is sleep apnea, which occurs when a child's breathing is interrupted during sleep. Sleep apnea can be caused by physical abnormalities such as enlarged tonsils or adenoids, or by obesity. The symptoms of sleep apnea include snoring, gasping, or choking during sleep, and daytime sleepiness or

fatigue. In addition to these conditions, there are other sleep disorders that can affect children, such as restless legs syndrome, periodic limb movement disorder, and narcolepsy. Restless legs syndrome is characterized by an uncomfortable sensation in the legs that occurs at night and can interfere with sleep, while periodic limb movement disorder involves repetitive movements during sleep that can cause awakenings or restless sleep. Narcolepsy is a neurological disorder that affects the brain's ability to regulate sleep-wake cycles, causing excessive daytime sleepiness and sudden episodes of falling asleep. The treatment of sleep disorder in children depends on the underlying cause and severity of the problem. For some children, improving sleep hygiene, such as establishing a regular sleep schedule, avoiding caffeine and stimulating activities before bedtime, and creating a sleep-conducive environment, can be enough to alleviate the symptoms of sleep disorder. In other cases, medical treatment or behavioral therapy may be necessary. For example; children with sleep apnea may require surgery to remove enlarged tonsils or adenoids, or the use of a Continuous Positive Airway Pressure (CPAP) machine to keep their airways open during sleep. Behavioral therapies such as Cognitive-Behavioral Therapy (CBT) or relaxation techniques can help children with insomnia to overcome their anxiety or other psychological issues that may be causing their sleep problems.

CONCLUSION

Sleep disorder is a common problem in children that can have significant consequences for their health, academic performance, and social functioning. It is essential for parents and caregivers to recognize the signs of sleep disorder in children and seek appropriate treatment. By improving sleep hygiene, addressing medical or developmental conditions, and using behavioral therapies or medical interventions as needed, children with sleep problems can achieve better sleep and enjoy better health and well-being.

Correspondence to: Inge Leandro, Department of Psychiatry, University of Michigan, Michigan, USA, E-mail: ing.ledro@psyu.edu

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