# Sleep disorders in children with attention-deficit hyperactivity disorder (adhd) ...

Health & Medicine, Sleep Disorders

# Sleep disorders in children with Attention-Deficit/Hyperactivity Disorder (ADHD) recorded overnight by video-polysomnography

a) From the Introduction (not the of the article, the hypothesis or question that the s were attempting to answer. The of this paper were trying to understand how different phenotypic expressions of ADHD (particularly sleep disorders associated with ADHD such as restless leg syndrome) were due to additive genetic factors using video polysomnography. b) From the Method section, list the independent or predictor variable/s and dependent or outcome variable/s. The predictor variable in this case was if the subject was diagnosed with ADHD or not (there were controls used in this study). The outcome variable was the presence or absence of various sleep disorders (termed ‘ sleep variables’ in the study), which included disorders of arousal, sleep walking, night terrors, bruxism, motor restlessness (from the sleep interview) and sleep terror, subclinical REM behaviour disorder and CA (from the video polysomnography information). c) From the Results section, describe the findings of the study. The results showed that there was a significant difference between the sleeping patterns and habits of the controls and the individuals with ADHD in almost all areas except for stage 1% or SL, which showed no difference between the two groups. Additionally, as restless leg syndrome was of particular interest to the authors, it was interesting to see that there was a significant correlation between ADHD and RLS presence in the individuals studied. There was also a high prevalence of bruxism and SSRMD which both occur with each other and with periodic leg

movement syndrome. There were also some correlations found between gender and the type of disorder seen in the patients. d) From the Discussion section, describe the conclusions that the author/s made. One of the conclusions drawn from this was that ADHD itself is linked to abnormal polysomnography reports in many cases, which backs up previous findings. Previous literature had found that excessive daytime sleepiness is associated with ADHD patients, but this report concluded that this was not necessarily correlated, because there was no evidence of this from the results. The main conclusion drawn from these results is that there is a significant link between sleep disorders and ADHD and thus clinicians should use this information to detect problems and use the information in treatment. It is likely that these disorders coexist because they share many of the same pathogenetic (probably dopaminergic) pathways.