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PP 047

Assessment of sleep problems and quality of life in children with cerebral palsy: a study from a tertiary care hospital in sri lanka

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Introduction and Objectives: Sleep problems in children with Cerebral Palsy (CP) have been increasingly recognized as significant contributors to their overall quality of life (QoL). This study aims to assess sleep disorders and QoL in children with CP and to identify factors associated with sleep disorders.

Methods: A descriptive cross-sectional study was done on CP children attending Teaching Hospital Kurunegala using interviewer-administered questionnaires “Sleep Questionnaire for Children with Severe Psychomotor Impairment (SNAKE)” and PedsQL-CP module.

Results: Of 229 CP children, mean and median ages were 6.99 and 6 years respectively with a male majority of 61.5%. 45.9% quadriplegic, 25.3% diplegic and 22.3% hemiplegic.

Majority 62.3% reported a very good sleep, and only 9.6% reported poor sleep, of which 19(86.4%) were quadriplegic. There was a statistically significant difference between levels of GMFCS by one way ANOVA. (1) disturbances going to sleep (2) disturbances remaining asleep, (3) daytime sleepiness and (4) daytime behaviour disorders, A Bonferroni post hoc test revealed that sleep problems were significantly more in higher GMFCS levels (III, IV, V) compared to lower levels (I, II).

There was a trend between sleep disorders and age, family income, epilepsy, hearing impairment, visual impairment, cognitive impairment, gastro-oesophageal reflux disease and overall QoL. The mean overall QoL score was 62.61, daily activities and school activities seemed to be most affected with mean scores of 39.15 and 50.68 respectively.

Conclusions: Childrens’ functional impairment had affected their sleep behaviour and sleep disorders leading to a poor overall QoL.