Sleep Problems in Children with Autism Spectrum Disorders

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Abstract

Sleep problems in children with autism spectrum spread rate is approximately 50 to 80 percent. However, little attention has sleep problems in these children. Hence, the aim of this paper is to investigate sleep problems among children with autism spectrum disorders. Methods research design, descriptive overview of where the review research performed in the field of sleep disorders in a population of children with autism spectrum disorders are discussed. The results showed that sleep problems among the population of children with autism spectrum disorders, comorbid and one of the main problems is important. In the meantime, trouble falling asleep and staying asleep was the most common sleep problems in this population. Based on the results obtained, it can be said that the lack of acceptable and appropriate methods of assessment and treatment of children, one of the crucial issues related to this population.

Keywords: Children, Sleep problems, Autism.

Introduction

Most studies of sleep in the last 50 years have stressed the importance of adequate sleep. Sleep plays an important role in the processes of brain activity in the primary and early years. The evidence on the relationship between sleep, learning and memory in humans, there are strong arguments that sleep plays a vital role in enhancing the quality of brain plasticity (Johnson et al., 2013).

Tuesday is an area that is closely associated with challenging behaviors in children with intellectual disabilities in general and especially children with autism are: Medication, anxiety and sleep problems (Rzepecka, 2011). Of these cases, sleep problems were less of interest. Typically, poor sleep patterns in children with intellectual disabilities are including daytime sleepiness, difficulty going to bed, repeated nocturnal awakenings and waking in the early hours of the morning. Sleep problems in children with intellectual disabilities is estimated at about 24 to 86 percent (Cotton & Richdale, 2010). One of the highest risk groups with mental disabilities has trouble sleeping, individuals with autism spectrum disorders. These disorders are the cause of a variety of neurological change and are identified in the areas of behavioral symptoms: impaired reciprocal social behavior, communication deficits, and restricted interests or behaviors and repetitive and stereotyped (Cho et al., 2012 & Goldman et al., 2011). Restricted repetitive and obsessive behaviors such as special interests who are resistant to change (Honey et al., 2012).

Methodology

The research study is descriptive review. In a review article or review, with the same spin and evaluation of previously published material, current research progress towards the elucidation of the problems studied accordingly, in this study, by using these Method to review research performed in the field of sleep disorders, the population of children with autism spectrum disorders are discussed.

Results

Findings and results of research and studies in the area of sleep problems among children with autism spectrum disorders are offering in four parts as follows:
1. Types of Sleep Problems in Children with Autism and prevalence

Sleep problems in children with autism spectrum disorder rate is approximately 50 to 80 percent. In the meantime, difficulties in falling asleep and nocturnal awakenings had the highest reported (Goldman et al., 2011). Differences in severity of sleep problems in children with Autism and other groups with mental disabilities, including children with Down syndrome and Prader-Willi syndrome in research by Richdale and Cotton (2010) was obtained in their study, they reported that patients with Down syndrome go to sleep faster than other groups and had more sleep, although the daily nap significantly higher in autistic children than in children with Prader-Willi syndrome. It should be noted that few seemed to be in bed, sleepy autistic individuals are lower quality of sleep and reduce the hours of sleep in children with autism spectrum disorder was significant that this is due to an overactive child. In addition, results of a survey by Richdale and Cotton (2006) and Jin et al., (2009) were also approved. In another study of parents, children’s sleep problems were reported, parents of autistic children have more problems than children with epilepsy, especially in snoring and restless legs syndrome reported (Tsai et al., 2012). In another study, the most common sleep problems include difficulty falling asleep, staying asleep, sleep duration, and rhythmic problems, oversleeping.

2. Assessment of Sleep Problems in Children with Autism

Important way to assess sleep problems among children with Autism are: questionnaires (especially children's sleep habits questionnaire), parents report that their children wake up and see (video recording at a sleep laboratory setting qualities of the child to the next analysis, produced videos) (Hodge et al., 2012).

3. Factors associated with the emergence of sleep problems in children with Autism

Sleep problems in children with autism spectrum disorders, several reports exist. These problems may be due to a medical condition, gastric problems, colic or allergy. The mood in children is associated with insomnia. Children with emotional arousal and stress in their lives than others, vigilance and increases resistance to sleep. In addition to the internal and external behaviors that can affect sleep problems (Hollway & AmanMichael, 2011).

Sleep problems may be the result of the following factors:
- Genetic and biological abnormalities of the brain structure and biochemical changes (abnormalities in melatonin rhythm may cause both insomnia and sleep problems).
- Behavioral or psychological characteristics of autism spectrum disorders is associated with the original specification (in children, increased levels of anxiety associated with sleep problems).
- Familial or environmental factors: the composition of each of these factors can lead to sleep problems in children (Richdale & SchreckKimberly, 2009).

4. Used in the treatment of sleep problems in children with Autism

Despite the lack of efficacy and safety of treatments used in children with sleep problems, behavioral interventions have been widely suggested. Although behavioral treatments for sleep problems in children with Autism and case-studies have been conducted in small groups include environmental modifications, suspensions and plans for waking up. One of the applications that are widely used behavioral parent training that includes strategies and processes. Of course this is not like most other applications compatible with each child. In this way, parents are trained and their training run that included five sessions in total:
1. The basic principles of behavioral training,
2. Guidelines for regular time to go to bed,
3. Strengthen programs and deprivation,
4. tips for delayed sleep,
5. Strengthening and maintenance sessions (Johnson et al., 2013).

Other effective treatments, melatonin is a hormone therapy. Lower doses may be starting to fall asleep sleep prelude) is appropriate. But people who are sleeping on a temporary basis and wake times and early-morning awakenings, need a higher dose. Dose of 75 / Mg to 10 mg per day has been recommended. A very small number of patients with side effects, such as sleepy, dizziness, fatigue, increased urination at night, have reported diarrhea and the symptoms occurred in the first few days but gradually decreased in subsequent days. Melatonin for treatment of sleep problems in children with Autism generally is useful (Guenolé et al., 2011). To be more specific for those with sleep apnea, tonsillectomy has to offer. Provided by Malow et al. in the case study (2005) on a 5 year old baby was suffering, this practice leads to improvement in sleep, social interaction, stereotyped movements were noticed.

Discussion and Conclusion

Children with autism spectrum disorders show various problems of comorbidity that includes, of all that lives (Kozlowski et al., 2012 & Goldman et al., 2011). One of these problems is sleep. Studies have shown that children who slept fewer hours the night in general, lower intelligence, language and daily living skills, adaptive functioning whole have poorer social skills and motor development. They also show greater weakness in cognitive skills. In addition, this study demonstrated that the quality of sleep duration may be particularly cognitive skills and adaptive functioning in children with autism spectrum disorders have been
associated (Taylor et al., 2012). Rzepecka et al., (2011) note 77.2 percent of autistic children has trouble sleeping (quoting Mannion & Leader, 2013 and Mannion et al., 2012).

In a study by Delahaye et al., (2014) was a negative relationship between sleep and health-related quality of life of children, respectively. Also there is an inverse relationship between sleep problems and physical and mental health of children. Moreover, the duration is shorter and more anxiety about sleep, a very high negative correlation with mental health-related quality of life. This study showed that autistic children, those with less sleep and more stress and more sleep problems in general, the high rate of health-related quality of life during the life experience less and are at greater risk. The analysis of such studies, it seems sleep problems Autistic disorder is one of the major problems diagnostics and proper evaluation and treatment that are dedicated to the children. It is also important to recognize this problem at an early age and appears to be essential so numerous and obvious effects on physical and psychological conditions that affect children are preventable to some extent. Accordingly, in subsequent studies, the researchers suggested methods of assessment; diagnostic as well as specific treatments for sleep problems in children are discussed and implemented.

References


