

P01-196 - **SLEEP CHARACTERISTICS IN EGYPTIAN CHILDREN WITH ATTENTION DEFICIT-HYPERACTIVITY DISORDER**

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Objective: To assess subjective and objective sleep disturbances in an Egyptian sample of children who have ADHD.

Methods: 25 medication-free children with a clinical diagnosis of ADHD (21 boys and 4 girls; age range 5-12 years) recruited from outpatient psychiatry clinics- Tanta University Hospital, Egypt, were compared with 20 healthy matched controls.

All 25 children with ADHD and controls underwent a semi-structured psychiatric interview (Kiddie-SADS) and a behavior assessment by Conners Teacher Rating Scale (CTRS), Conners Parents Rating Scale (CPRS), and Swanson, Nolan and Pelham Rating Scale (SNAP-IV). The demographic, clinical and psychiatric information of all children was collected from the histories reported by the parents. All patients and control were administered a sleep questionnaire before undergoing nocturnal video-polysomnography.

Results: Parents reported a wide range of frequently occurring sleep disturbances in their children. Objective sleep measures revealed increase of rapid eye movement (REM) sleep latency and a decrease of REM sleep percentage, and decreased duration of sleep in children diagnosed with ADHD ($p < 0.01$). No significant correlations between objective sleep measures and clinical symptoms were found.

Conclusions: ADHD is associated with specific sleep alterations. The results stress the need for clinicians to routinely screen for the presence of sleep disorders, and found to future evidence-based guidelines on the management of sleep disturbances in children with ADHD.