

Natureza do trabalho: Resumo

TÍTULO

SLEEP DISORDERS IN CHILDHOOD

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RESUMO

Introduction: Multiple Disorders of Sleep and Wakefulness with excessive movement, sleepiness or insomnia are common, affecting most children at some period of life. Profoundly affect the quality of life and even put it at risk. The aim of this study was to analyze sleep disorders in childhood. **Literature Review:** A review was made on aspects of normal sleep ontogenesis and management of sleep disorders most prevalent in childhood. Were selected scientific articles in SciELO database, using the keywords sleep disorders and childhood. Second, the literature studied can classify the sleep disorders in four clinical groups: a) are those in which primary sleep disorder is the main or only symptom, eg, nightmares, night terrors, insomnia, hypersomnia, sleep paralysis and narcolepsy b) secondary sleep disorders is only one aspect of a complex clinical change, such as schizophrenia, depression or thyroid dysfunction c) parasomnias activities are not indicative of pathology when awake, but they are certainly not during sleep as sleepwalking, bedwetting, bruxism and nocturnal jactatio capitis d) clinical changes that can be influenced by sleep, but little influence, such as paroxysmal nocturnal hemoglobinuria. In pediatric clinic the most frequent parasomnias and changes primary sleep. The insomnia generally results from poor educational practice and / or emotional disturbances. Remember that children with obstructive sleep disorders have worse results in the test of learning and memory. **Conclusion:** Sleep disturbances are very frequent complaints in pediatric outpatient clinics, and a correct diagnosis is essential for the establishment of appropriate therapy. In most cases, clinical history is sufficient for the diagnosis and assuring parents the mercy of the problem, and the best treatment.