

Cambridge University Press

978-1-107-40220-1- Sleep and its Disorders in Children and Adolescents with a Neurodevelopmental Disorder: A Review and Clinical Guide

Gregory Stores

Table of Contents

[More information](#)

## Contents

Introductory remarks	1
Historical perspectives	1
Educational issues	2
Research and clinical practice	4
Terminology	4
Structure and aim of this book	5
Bibliography	6
1 General outline of sleep and its disorders in children and adolescents	9
Basic aspects of the neurobiology of sleep	9
The nature of sleep	9
The functions of sleep	10
Types of sleep	10
Pattern of overnight sleep	11
Biorhythms affecting sleep and wakefulness	12
Changes in sleep during childhood and adolescence	14
Characteristic features of sleep and its disorders in children compared with adults	15
Effects on child development of persistently disturbed sleep	16
Childhood sleep disturbance can continue into adult life	17
Prevalence of disturbed sleep in children and adolescents	18
Aetiological factors	19
Classification of sleep disorders	20
General principles of assessment	22
Screening	22
Diagnosis of the sleep disorder	23

Cambridge University Press

978-1-107-40220-1- Sleep and its Disorders in Children and Adolescents with a Neurodevelopmental Disorder: A Review and Clinical Guide

Gregory Stores

Table of Contents

[More information](#)**viii** Contents

	Basic treatment principles	25
	Behavioural treatments	27
	Pharmacological treatments	28
	Subsection: Childhood sleep problems and the recognition and management of their main underlying sleep disorders	30
	Insomnia	31
	Excessive daytime sleepiness (hypersomnia)	36
	Parasomnias and sleep related movement disorders	43
	References	47
2	Special considerations regarding sleep disturbance in children with a neurodevelopmental disorder	53
	Sleep is a relatively neglected aspect of childhood neurodevelopmental disorders	53
	Children with neurodevelopmental disorders do not have a separate set of sleep disorders	54
	The aetiology of sleep disturbance in children with a neurodevelopmental disorder is usually multifactorial	54
	Sleep assessments should be basically the same as for other children but with some modifications	55
	With some modifications basic treatment principles apply as in other children	56
	Attention to family including parenting issues is essential	58
	Risk of misinterpretation and misdiagnosis of sleep disorders	58
3	Main comorbid conditions in neurodevelopmental disorders capable of contributing to sleep disturbance	61
	Intellectual disability	62
	Epilepsy	64
	Sleep related breathing disorders (SRBD)	66
	Pain and discomfort	67
	Obesity	68
	Visual impairment	70
	Hearing impairment	71
	Psychiatric disorders	73
	Anxiety disorders	74

Cambridge University Press

978-1-107-40220-1- Sleep and its Disorders in Children and Adolescents with a Neurodevelopmental Disorder: A Review and Clinical Guide

Gregory Stores

Table of Contents

[More information](#)

	Contents	<b>ix</b>
	Depressive disorders	75
	Antisocial and challenging behaviours	76
4	Sleep disturbance in specific neurodevelopmental disorders	79
	Neurodevelopmental syndromes	81
	Down syndrome (DS)	81
	Fragile X syndrome (FXS)	87
	Foetal alcohol spectrum disorder (FASD)	90
	Angelman syndrome (AS)	95
	Prader–Willi syndrome (PWS)	99
	Mucopolysaccharidoses (MPS)	102
	Rett syndrome (RS)	105
	Smith–Magenis syndrome (SMS)	108
	Tuberous sclerosis complex (TSC)	111
	Neurofibromatosis type 1 (NF-1)	113
	Williams syndrome (WS)	115
	Deafblindness syndromes	117
	Craniofacial syndromes	119
	Neuromuscular disease	120
	Cornelia de Lange syndrome (CdLS)	122
	Cri du Chat syndrome (CDC)	123
	Juvenile neuronal ceroid-lipofuscinosis (JNCL)	124
	Smith–Lemli–Opitz syndrome (SLOS)	125
	Niemann–Pick disease type C	126
	Norrie disease	126
	Lesch–Nyhan syndrome	127
	Jacobsen syndrome	127
	Other syndromes	128
	Neuropsychiatric disorders	128
	Autism spectrum disorder (ASD)	128
	Attention deficit hyperactivity disorder (ADHD)	137
	Tourette syndrome (TS)	144
	Chronic fatigue syndrome (CFS)	147
	Other neurodevelopmental disorders	149
	Traumatic brain injury (TBI)	149
	Cerebral palsy (CP)	154
	Developmental coordination disorder (DCD)	157
	<i>Envoi</i>	159
	<i>Index</i>	160