## Pediatric Restless Sleep

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Fellowship of Sleep Medicine from iran and turkey Esi world top scientists 2024 Member of International Pediatric Sleep Association Member of Asian society of sleep medicine Member of Turkish Sleep Medicine Society Member of Iranian Sleep Medicine Society

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#### Introduction

- Restless sleep in children is a common but often overlooked issue.
- It may affect development, behavior, and quality of life.
- Understanding the causes and management is essential for clinicians.



### Epidemiology

- Prevalence: 5-10% of children may exhibit restless sleep patterns.
- More frequent in boys than girls.
- Often coexists with ADHD and other neurodevelopmental disorders.



### **Clinical Presentation**

- Frequent movements during sleep (kicking, tossing).
- Noisy sleep: moaning, talking, or groaning.
- Night awakenings and difficulty returning to sleep.
- Daytime irritability or hyperactivity.



### **Differential Diagnosis**

- Obstructive Sleep Apnea (OSA).
- Restless Legs Syndrome (RLS) / Periodic Limb Movement Disorder (PLMD).
- Parasomnias (night terrors, nightmares).
- Anxiety or behavioral disorders.



### Diagnostic Workup

- Detailed sleep history from parents.
- Use of sleep questionnaires (e.g., CSHQ).
- Consider PSG in complex or atypical cases.
- Check iron status (ferritin, serum iron), vitamin D.



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### **Underlying Causes**

- Iron deficiency is a significant contributor.
- Environmental factors: screen use, irregular sleep schedule.
- Psychological stress or family dynamics.
- Genetic predisposition to movement-related disorders.



#### **Treatment and Management**

- Treat underlying cause (e.g., iron supplementation).
- Improve sleep hygiene: consistent schedule, calm bedtime routine.
- Parent education and reassurance.
- Referral to specialist in resistant or unclear cases.



### Parent Counseling

- Monitor sleep patterns and behaviors.
- > Avoid caffeine, screens before bedtime.
- Create a consistent and calming bedtime routine.
- When to seek medical help: frequent awakenings, daytime issues.



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