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БУКОВИНСЬКИЙ ДЕРЖАВНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ

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106-ї підсумкової науково-практичної конференції
з міжнародною участю
професорсько-викладацького колективу
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Матеріали підсумкової 106-ї науково-практичної конференції з міжнародною участю професорсько-викладацького колективу Буковинського державного медичного університету (м. Чернівці, 03, 05, 10 лютого 2025 р.) – Чернівці: Медуніверситет, 2025. – 450 с. іл.

У збірнику представлені матеріали 106-ї науково-практичної конференції з міжнародною участю професорсько-викладацького колективу Буковинського державного медичного університету (м. Чернівці, 03, 05, 10 лютого 2025 р.) зі стилістикою та орфографією у авторській редакції. Публікації присвячені актуальним проблемам фундаментальної, теоретичної та клінічної медицини.

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SLEEP DISORDERS IN CHILDREN IN TODAY'S CONDITIONS.

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Introduction. Sleep is an important, highly organized process of active brain activity, regulated by complex neural systems with the participation of neurotransmitters and plays an important role for human health and is exceptionally significant in childhood. The significance is due to its influence on the restorative function, reparative processes, normalization of energy potential, stimulates neoneurogenesis, and, most importantly, has an anti-stress effect and ensures the adaptation of the body to changing environmental conditions. During sleep, under the influence of the cerebral cortex, higher coordination of visceral functions, processing and memorization of information is carried out.

This pathology has come to the forefront in recent years due to the increased level of stress in society, which has developed in connection with the global pandemic caused by the coronavirus, COVID-19, and the military invasion of the aggressor country, respectively. The first factor is associated with a significant number of social restrictions, and the second is stress associated with the horrors of war. It is generally known that childhood is extremely vulnerable to the effects of stress factors, which in turn have undoubtedly become leading factors in the formation of sleep disorders, anxiety and neurotic disorders in children. Anxiety is an emotional state accompanied by the expectation of a dangerous or negative event and is a component of the impact of chronic stress on a child.

The aim of the study. The purpose of our work was to analyze children's sleep in today's conditions and identify negative influencing factors.

Matherial and methods. We examined 80 healthy school-age children. We used a descriptive study design with a single-point cut-off to form the sample. Some children were retested with an interval of 1-2 weeks. The average age of the patients in the sample was 15.4 years.

Results. Analysis of sleep characteristics showed - 84.9%. goes to bed between 9 and 11 p.m. Wakes up in the morning most often at 7:00 a.m. (57.4%). The average duration of night sleep is 9.24±0.14 hours. At the same time, 44.6% of children sleep during the day, an average of 1.9±0.15 hours. The methodology we used coincides with the generally accepted international one, and the results obtained are easily compared with the literature data.

A number of sleep problems were registered. If 76% of children fell asleep on their own in a short time (up to 15 minutes - 57.7%) and slept peacefully all night (64%), then 24.4% had problems falling asleep. In 27.0% this process took from 30 minutes to one hour.Restless sleep was noted in (39.6%), most children had active movements of the trunk or limbs (29.3%), which led to throwing off the blanket (28.8%), 10.6% of children woke up, cried or talked at night.

The analysis of the relationships between individual sleep indicators among themselves and with other indicators was interesting. The time the child fell asleep turned out to be the most important indicator of the child's sleep quality. It is he who correlates most with a restful night's sleep without disturbances ($r=0.40$, $p<0.01$), with self-assessment of sleep quality and a feeling of vigor during the day ($r=0.40$, $p<0.01$), with the child's working capacity ($r=0.36$, $p<0.01$).

Conclusions. As can be seen from the above, school-age children have significant disturbances in the quality of sleep. Therefore, during the diagnostic and treatment process, the doctor's attention should be directed not only to ensuring objective diagnostic and treatment options, but also to improving the quality of life parameters. This will avoid significant social maladjustment in the future.