

## SLEEP PATTERNS AND SLEEP DISTURBANCES IN SCHOOL-AGE CHILDREN AMID COVID-19 PANDEMIC OUTBREAK

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### ABSTRACT

The pandemic outbreak and the global crises it has caused have brought to our lives many changes. Mental health issues are part of those consequences that have shown signs of coronavirus thread impacts, such as anxiety, depression, and obesity (etc.), including sleep disturbances. The psychological distresses have become part of all major stages of human life circle, without excluding the children. Pediatric sleep problems may occur due to the family dynamic changes that have come along with the pandemic crisis and impact in our lives, therefore the present study is focused on exploring the sleep patterns, sleep disturbances and other associated factors during COVID-19 pandemic outbreak in elementary school children. For the assessment of these issues we have used the Children Sleep Habits Questionnaire which is a parent – rated questionnaire that evaluates common pediatric sleep difficulties. The data were analyzed with the SPSS statistical software version 22. From the research we were able to come to conclusions about few sleep subscales that relate to common sleep problems in children such as: bedtime resistance, sleep onset delay, sleep anxiety, night waking, daytime sleepiness and parasomnia and have been able to compare the variable differences among the participant's school year. We did also demonstrate the relations between sleep disturbances and other factors such as: parenting style, time spending on media, physical activity, food habits (etc.), and we have come to surprising findings when we compared the data among pupils from two different school years in combination with the sleeping subscales.

**Keywords:** Sleep patterns, sleep health, children mental health, sleep disruptions, COVID-19.