

## Quality of Sleep in Allergic Children and their Parents

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### ABSTRACT

**Study Design:** Cross sectional

**Aim:** Sleep quality is significant for physical and emotional well-being and influences the patient's view of prosperity during the day. Rest aggravations in patients with ongoing unfavorably susceptible illnesses can intensify the condition, entangle the executives and debilitate their personal satisfaction. With regards to kids, their folks are additionally impacted. We inspected the presence of rest issues in guardians of youngsters with atopic problems and its clinical highlights and the presence of rest issues in kids. Parents of youngsters with Allergic Diseases were conceded to the Pediatric Allergy Units of Parma University. Rest appraisal in guardians depended on the Pittsburgh Sleep Quality Index (PSQI), while in kids it depended on the Sleep Disturbance Scale for Children (SDSC).

**Results:** PSQI mean score in the group of parents was 6.6 (SD: 2.6, range: 0---13, median: 6). 82 (58.99 %) of them had a PSQI  $\geq 5$  and this means that most parents had a subjective sleep quality perceived as bad, while only 57 (41 %) had a good sleep quality perception (PSQI  $< 5$ ). The PSQI  $\geq 5$  was more common in parents of children with asthma and rhinitis than atopic dermatitis. In fact, if the parents of children with asthma and rhinitis are considered, 49 (77.2 %) and 72 (70.58%) had a PSQI  $\geq 5$ , respectively, while 18 (42.85 %) of the parents with atopic dermatitis had PSQI  $\geq 5$

**Conclusion:** These discoveries propose that changing rest designs in kids can influence guardians too. Such an impact further adds to the weight of respiratory hypersensitivities and should be considered in ongoing investigations.

**Keywords:** Quality, Sleep, Allergic, Children, Quality

*Bahrain Med Bull 2022; 44 (1): 804 - 807*

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