

Yasmin Khakoo, Scott Milligan - *Children Sleep Habits Prior, During, and After Active OMAS: An Initial Analysis (OMSLife Registry)*

Abstract:

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Background & Objective: Sleep disturbances are common in individuals with OMAS, persisting variably even during remission. This study aims to characterize sleep behaviors before, during, and after active OMAS to inform care strategies and identify potential long-term consequences of the disease.

Methods: Between August 2024 to Jan 2025, caregivers of 121 children with active (n=28) or in remission (n=93) OMAS completed an abbreviated Children’s Sleep Habit Questionnaire (CSHQ), made available through a secure online portal. Each caregiver completed the questionnaire up to 3 times, based on recall of pre-, active, and post-OMAS. Questions fell into 8 domains (bedtime resistance, sleep delay, sleep anxiety, night wakings, parasomnias, disordered breathing, daytime sleepiness) and each question had a response scale of 0 (never) to 4 (always).

Results: Differences in mean scores were indicated for 14/15 questions in comparing pre- and active OMAS, 13/15 between active and post-OMAS, and 4/15 across pre-, active, and post-OMAS. Nearly all distributions observed were multi-modal.

Conclusions: Aggregate survey responses suggest that sleep habits are largely suboptimal during active OMAS compared to pre- and post-OMAS. Given the multi-modal distributions observed for most questions, further assessments will be needed to identify subsets that may be impacted during and after active OMAS.

References:

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