

INTISARI

Latar Belakang: Gangguan tidur merupakan salah satu komorbid yang sering dijumpai pada anak dengan epilepsi. Sampai saat ini data mengenai hal tersebut masih sangat terbatas.

Tujuan: Mengetahui prevalensi dan faktor-faktor yang mempengaruhi gangguan tidur pada anak dengan epilepsi

Metode: Penelitian ini merupakan penelitian observasional analitik dengan desain potong lintang pada anak usia 3-18 tahun, yang telah terdiagnosis epilepsi minimal 6 bulan. Pasien dengan palsei serebral, diabetes melitus, penyakit jantung, asma, hipertrofi adenotonsil dan anak dengan epilepsi yang telah bebas kejang lebih dari satu tahun dieksklusi dari penelitian. Subyek dipilih secara konsekutif selama periode November 2016 – Maret 2017 di Poliklinik Neurologi anak RSUP Dr. Sardjito. Gangguan tidur dinilai dengan kuesioner *sleep disturbance scale for children* (SDSC).

Hasil : Diantara 93 subyek, 63(67,7%), mengalami gangguan tidur, terbanyak (63,2%) adalah gangguan memulai dan mempertahankan tidur. Tipe kejang umum, onset epilepsi kurang dari 3 tahun, monoterapi dan obat anti epilepsi fenobarbital paling sering mengalami gangguan tidur. Akan tetapi, hanya tipe kejang umum yang berhubungan dengan gangguan tidur (OR 5,2, 95% CI 1,35-9,96, $p=0,016$).

Kesimpulan: Prevalensi gangguan tidur pada anak dengan epilepsi sangat tinggi, terbanyak gangguan memulai dan mempertahankan tidur dan berhubungan dengan tipe kejang umum.

Kata kunci: gangguan tidur, anak, epilepsi, SDSC.

ABSTRACT

Background: Sleep disorder has been associated with childhood epilepsy. However, there is limited study about this comorbidity.

Objective: To investigate prevalence and factors associated with sleep disorder in children with epilepsy.

Methods: We conducted a cross sectional analytical study in children aged 3 through 18 years old who has been diagnosed as having epilepsy for at least 6 month. Subjects with cerebral palsy, diabetes mellitus, asthma, heart problem and those who had no seizure for more than one year without anti-epileptic drug (AED) were excluded from this study. The subjects were recruited consecutively during period of November 2016 to March 2017 at Pediatric Neurology outpatient clinic of Dr. Sardjito Hospital, Yogyakarta. The sleep disorder was evaluated using sleep disturbance scale for children (SDSC) questionnaires.

Results: Among epileptic patients, 63(67,7%) had sleep disorder, mostly (63,2%) the disturbance to initiate and maintain sleep. Sleep disorder was more prevalent in general seizure, onset epilepsy less than 3 years, those who received monotherapy and phenobarbital. Nevertheless, only general seizure is significantly associated with the sleep disorder (OR 5,2, 95%CI 1,35-9,96, $p=0,016$).

Conclusion: Sleep disorder is very high prevalence in children with epilepsy, mostly difficulty of initiating and maintaining sleep and it is associated with the type of general seizure.

Keywords: sleep disorder, children with epilepsy, sleep disturbance scale for children.