

Neuroatypical child does not sleep – how to help patients with Autistic spectrum disorder to have better nights

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In children’s sleep clinics around the world majority of patients either are diagnosed with neuroatypical disorders or in the process of being diagnosed. Many of them experience Autistic Spectrum Disorder. Problems with falling asleep or maintaing sleep through the night project to daytime functioning with impulsivity, irritability, lack of interest in human contacts, somatic complaints, and behaviours difficult to accept to caregivers. Moreover in case of children requiring constant supervision parents suffer from sleep deprivation, struggle with their own functioning, emotions, burnout in thier parental roles.

There are multiple underlying causes of sleep problems in neuroatypical patients which leads to delayed adequate diagnosis and managment and prolonges suffering for

children and their parents. In this presentation I want to outline most common sleep issues in this group of patients and show methods to overcome them.

Biography

Magda Kaczor graduated from Medical University of Warsaw and completed 2 year Foundation Programme in UK. Since 2011. She have worked as a child and adolescent psychiatrist in various medical institutions. In 2015 she completed sleep medicine course and started to work in sleep clinic for children in Children’s Memorial Health Institute in Warsaw. Magda Kaczor author of two textbooks regarding Paediatric Sleep Medicine addressed to medical professionals, one handbook for parents and multiple articles regarding sleep in medical press. Since 2019 she have been running private sleep clinic for children in Warsaw.

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