

Quality of sleep in allergic children and their parents in Asir region of Saudi Arabia

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Background and Objectives: 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 Allergic illnesses (Allergic Rhinitis, Bronchial Asthma and Atopic Dermatitis) can intensify the condition, entangle them and debilitate their personal satisfaction. With regards to kids, their folks are additionally impacted. We inspected the presence of sleep issues in guardians of youngsters with allergic disease looking for any Sleep problems, and its effects on the life quality if there is any.

Methods: Parents of children suffering from an allergic disease were recruited in the out-patient clinic of the KKU clinic, study duration was from May-2021 to November-2021. In order to be eligible, participants had to be parents of a child suffering from allergic rhinitis, asthma or atopic dermatitis.

Parents with chronic diseases themselves were excluded from the study, although pre-existing sleep disorders cannot be ruled out.

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 ≥ 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).

Conclusion: These discoveries propose that changing sleep patterns in kids with Allergic diseases can influence guardians too. Such an impact influenced by the severity of the disease itself, further adds to the weight of respiratory hypersensitivities besides the skin hypersensitivity and should be considered in ongoing investigations.

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