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Evaluation of sleep outcomes after traumatic brain injury in children using questionnaires and actigraphy

Connie Tran

Keywords

Humans; Child; Melatonin; Quality of Life; Brain Injuries, Traumatic; Brain; Sleep; Cognitive Dysfunction; Cognition; Surveys and Questionnaires

Abstract

Traumatic brain injuries are the result of a sudden external blunt force to the brain and can result in long-term complications or death. In pediatrics, it is the leading cause of acute and chronic sleep wake disturbances, as well as cognitive deficits, which can lead to a reduction in the quality of life. These impairments can later result in lowered performance in work and school settings or decreased psychosocial function. Although there is sufficient evidence that traumatic brain injuries contribute to is that it is unknown whether or not sleep wake disturbances contribute to an increase in the mentioned cognitive impairments. Currently, there is also a lack of therapies that are well researched to help patients who are suffering from sleep wake disturbances from traumatic brain injuries. There is a need for more research on whether or not sleep wake disturbances is a possible factor in cognitive function with pediatrics who had TBIs. Therefore, there needs to be further research and study on determining the association between sleep wake disturbances and cognitive function with questionnaire and objective measurements, as well as implementing randomized controlled trials of melatonin and sleep interventions.