



Sleep problems in children with FASD: Associations with child behaviour, caregiver and family functioning

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Background

Fetal Alcohol Spectrum Disorder (FASD)



- Lifelong neurodevelopmental condition
- Results from prenatal alcohol exposure
- Cognitive and behavioural impairments (executive functioning, memory, language, attention, adaptive and social skills)

Sleep problems in children with FASD



- Commonly-reported clinically
- Limited empirical evidence

Aim

1. Prevalence of sleep problems in children with FASD

2. Impact of sleep problems on
 - a) child behaviour
 - b) caregiver wellbeing
 - c) caregiver and family functioning

Method – What did we do?

Completed an online survey with 163 caregivers of children (aged 5-17 years) with FASD

Measures: Caregiver report of child sleep problems

Child behaviour (SDQ)

Caregiver mental wellbeing (DASS-21)

Caregiver and family functioning (PedsQL FIM)

Results – What did we find?

66% of caregivers reported their child experienced a sleep problem



56%

Difficulty falling asleep



45%

Frequent night waking






29%




Early morning waking

36% of children had all 3 sleep problems

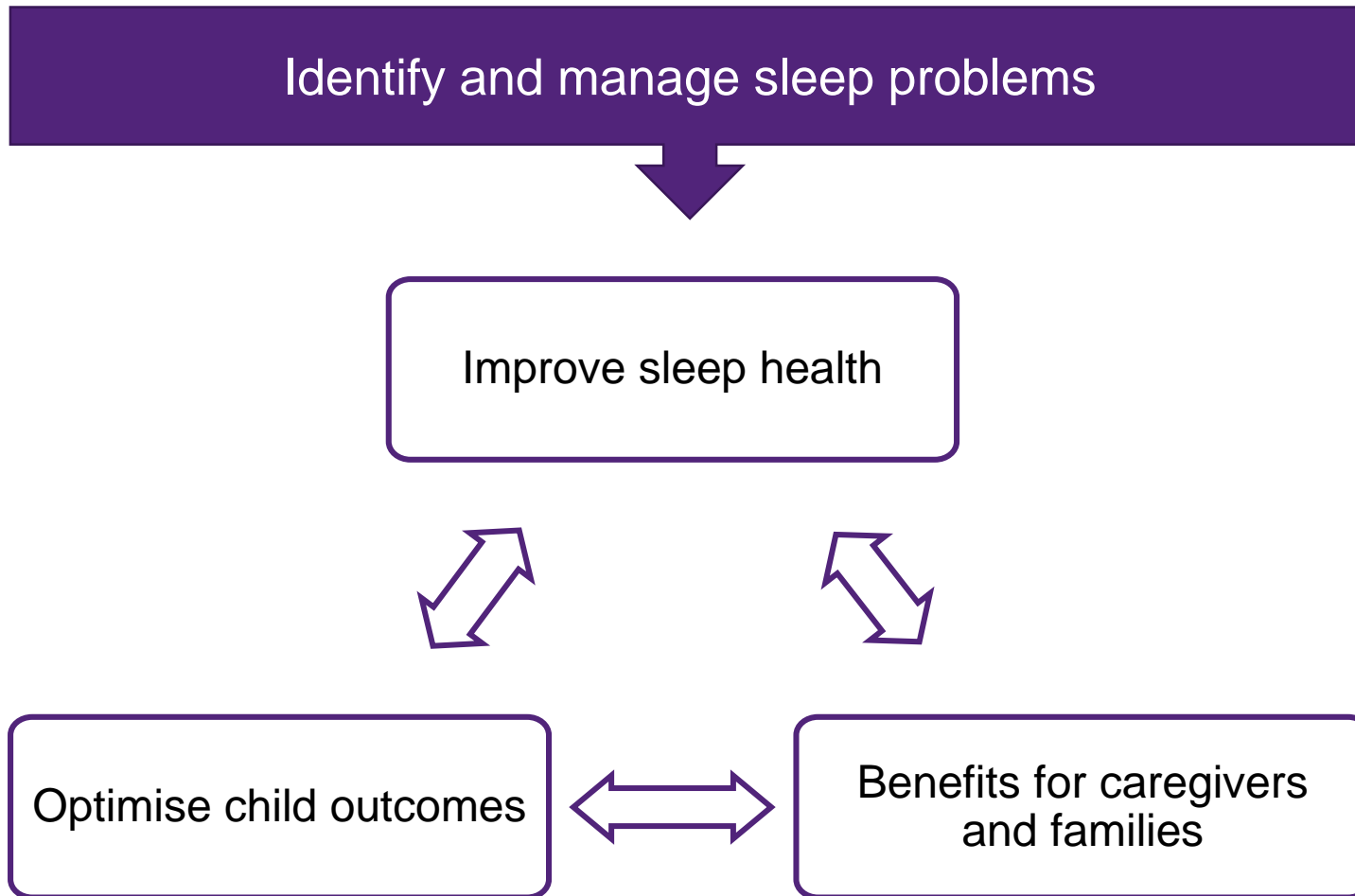
Results – What did we find?

| |  Difficulty falling asleep |  Frequent night-waking |  Early morning waking |
|------------------------------|--|---|--|
| Child behaviour | Increased conduct problems | Increased emotional problems | Increased conduct problems |
| Caregiver wellbeing | Increased worry | | Increased worry and anxiety |
| Caregiver functioning | | Poor physical, emotional and social functioning | Poor physical, emotional and social functioning |
| Family functioning | | Increased difficulty with daily activities | Increased difficulty with daily activities |

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What does this mean for children and their caregivers?





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Thank you

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Recent Publication:

Hayes, Moritz & Reid. (2020). Parent-reported sleep problems in children with fetal alcohol spectrum disorder: Associations with child behaviour, caregiver and family functioning. *Sleep Medicine*, 74, 307-314.