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## Prevalence and Predictors of Significant Sleep Disturbances in Children Undergoing Ambulatory Tonsillectomy and Adenoidectomy

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## ▶ Abstract

**Objective** To evaluate children's sleep patterns before and after ambulatory surgery and to identify predictors of sleep decrements following surgery. **Methods** Participants were 55, 6- to 12-year-old children undergoing tonsillectomy and adenoidectomy. Sleep was assessed using actigraphy for 5 nights prior to and 5 nights following surgery. Parent state and trait anxiety, and child perioperative anxiety and temperament were assessed. Data on postoperative pain and use of analgesics were collected. **Results** Children had significantly less efficient sleep following surgery than before surgery. Approximately one-third of children demonstrated clinically significant decrements in sleep efficiency. Discriminant function analysis indicated less sociable and more anxious children were more likely to experience these sleep decrements, as were

children who experienced greater pain in the postoperative period. **Conclusion** Children's sleep is an important consideration in recovery from surgery and this article takes a first step toward identifying predictors of the development of clinically significant sleep disruptions following surgery.

**Key words:** actigraphy; anxiety; pain; sleep; sociability; surgery.

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