

3rd International Conference on

NEUROPSYCHIATRY AND SLEEP MEDICINE

&

8th International Conference on

NEUROLOGY AND BRAIN DISORDERS

September 21-22, 2018 | Philadelphia, USA

A practical approach to the diagnosis and management of sleep disorders in children with psychiatry disorders

Mayank Shukla

Allergy Asthma Sleep Center, USA

Pediatric psychiatry disorders are commonly associated with sleep disorders. There is a clear need to evaluate and treat patients with sleep disorders with mental health to improve outcome. Initiation of insomnia disorder in the Diagnostic and Statistical Manual of Mental Disorders, greater emphasis has been placed on the diagnosis and treatment of sleep disorder even in the presence of a coexisting mental disorder. Clinicians treating psychiatric patients should view sleep disorder as a symptom of their primary disorder. Patients should be educated and treated with sleep disorders along with mental illness with greater emphasis on cognitive and behavioral interventions for insomnia. Children with psychiatry disorders must be a screen for obstructive sleep apnea, RLS/PLMD disorder, and Insomnia before initiating medications. There is a need for greater emphasis on combination treatment for psychiatric disorders, particularly with sleep disorders, cognitive behavioral treatment, and neurofeedback. The presentation will evaluate the current state of management of sleep disorders in children with Psychiatry Disorders:

- Normal Sleep Pattern in children
- Importance of quantitative and quality of sleep
- Complex Interrelation between sleep and psychiatry disorders
- Different types of Pediatric sleep disorders in psychiatry conditions, their evaluation and management
- Discussion ADHD ADD, ASD disorders
- Evaluation of Sleep Apnea in children,
- Evaluation of Hypersomnia Insomnia, Narcolepsy
- Parasomnia in children
- Different Treatment modalities for sleep apnea in children
- Relation of Sleep Apnea RLS, PLM disorders
- Treatment of Insomnia in children, CBTI, medications
- Why should we include routine evaluation for sleep disorders in psychiatry patients assessment

Biography

Mayank Shukla, Founder and CEO, Harmony Center NY, Allergy Asthma Sleep Center. He is highly motivated, high-performing, innovative, inspirational, award-winning physician specializing in Sleep Disorders, neurofeedback, cognitive therapy for insomnia, neurostimulation, relaxation therapy, Asthma, Pediatric Pulmonary Medicine and Sleep Medicine. He created several successful clinical programs with improved outcomes in the field of Pulmonary and Sleep Medicine. He has been featured in NY times, NY Times magazine, NY post and NY India Times. He has been awarded for Top Doctors by Castle Connelly for 2018. He has awarded 42 times as Best/Top Pulmonary and Sleep Physicians by peers and patients. He is highly recognized for his work for Sleep and Pulmonary Medicine and is an excellent speaker. He has given several national and international talks on Pulmonary Critical care and sleep disorders. He has been the speaker for several Pharmaceutical companies.

mayankshuklamd@gmail.com

Notes: