

SUPPLEMENTARY MATERIALS

Changes in sleep patterns and disorders in children and adolescents with Attention Deficit Hyperactivity Disorders and Autism Spectrum Disorders during the COVID-19 lockdown

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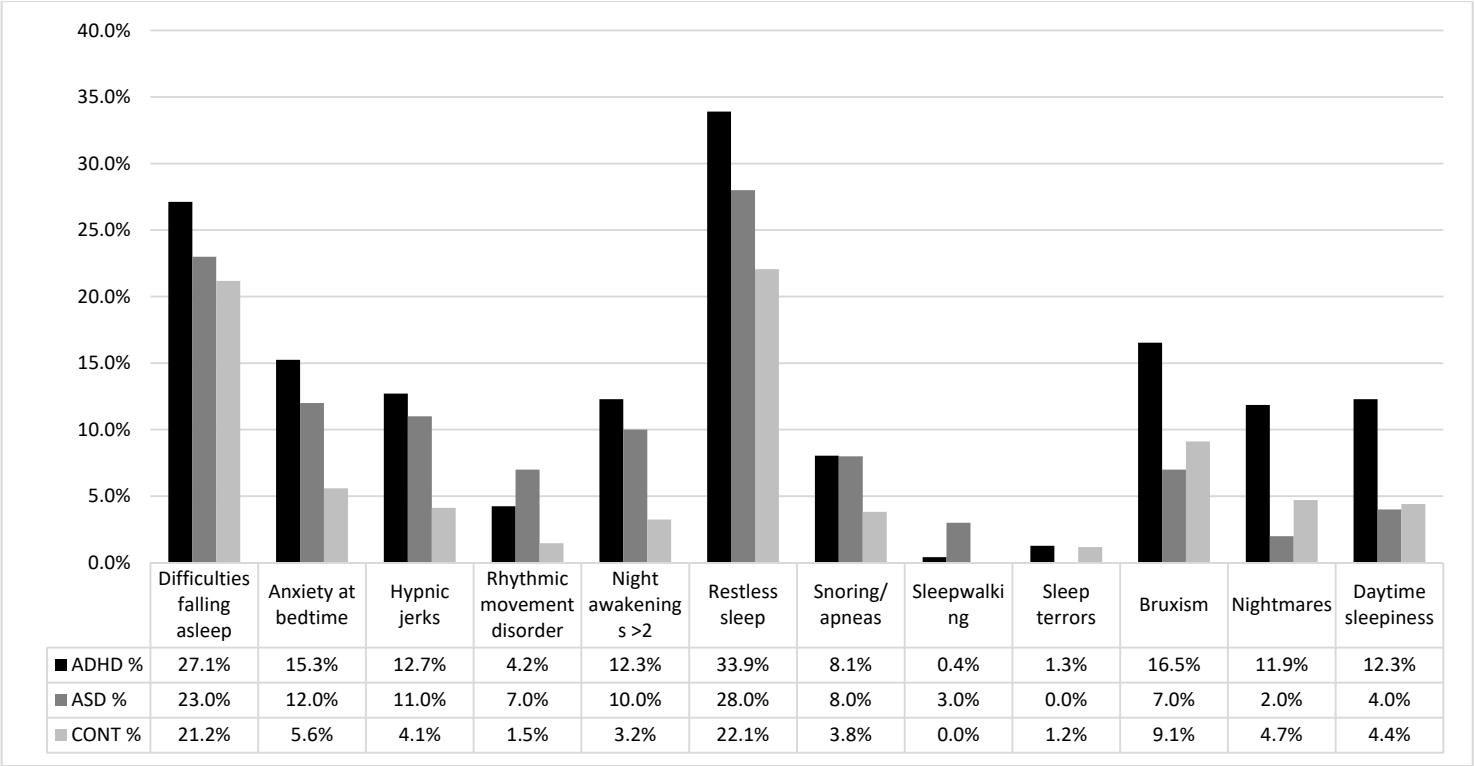
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Supplementary Table S1. Sleep disorders before and during lockdown in the three groups.

		ADHD %	p	ASD %	p	CONT %	p
<i>Difficulties falling asleep</i>	<i>before</i>	64 (27.1%)	0.001	23 (23.0%)	0.029	72 (21.2%)	0.500
	<i>during</i>	92 (39.0%)		35 (35.0%)		65 (19.1%)	
<i>Anxiety at bedtime</i>	<i>before</i>	36 (15.3%)	0.007	12 (12.0%)	0.006	19 (5.6%)	0.003
	<i>during</i>	56 (23.7%)		22 (22.0%)		38 (11.2%)	
<i>Hypnic jerks</i>	<i>before</i>	30 (12.7%)	0.136	11 (11.0%)	1.000	14 (4.1%)	1.000
	<i>during</i>	39 (16.5%)		12 (12.0%)		13 (3.8%)	
<i>Rhythmic movement dis.</i>	<i>before</i>	10 (4.2%)	0.424	7 (7.0%)	0.625	5 (1.5%)	0.500
	<i>during</i>	14 (5.9%)		9 (9.0%)		7 (2.1%)	
<i>Night awakenings >2</i>	<i>before</i>	29 (12.3%)	0.500	10 (10.0%)	0.115	11 (3.2%)	0.052
	<i>during</i>	34 (14.4%)		18 (18.0%)		21 (6.2%)	
<i>Restless sleep</i>	<i>before</i>	80 (33.9%)	0.780	28 (28.0%)	0.327	75 (22.1%)	0.659
	<i>during</i>	83 (35.2%)		34 (34.0%)		71 (20.9%)	
<i>Snoring/apneas</i>	<i>before</i>	19 (8.1%)	0.453	8 (8.0%)	1.000	13 (3.8%)	1.000
	<i>during</i>	22 (9.3%)		9 (9.0%)		12 (3.5%)	
<i>Sleepwalking</i>	<i>before</i>	1 (0.4%)	<0.001	3 (3.0%)	0.125	0 (0.0%)	<0.001
	<i>during</i>	14 (5.9%)		7 (7.0%)		8 (2.4%)	
<i>Sleep terrors</i>	<i>before</i>	3 (1.3%)	1.000	0 (0.0%)	0.133	4 (1.2%)	0.625
	<i>during</i>	4 (1.7%)		4 (4.0%)		2 (0.6%)	
<i>Bruxism</i>	<i>before</i>	39 (16.5%)	0.015	7 (7.0%)	0.219	31 (9.1%)	0.052
	<i>during</i>	26 (11.0%)		11 (11.0%)		21 (6.2%)	
<i>Nightmares</i>	<i>before</i>	28 (11.9%)	0.065	2 (2.0%)	0.250	16 (4.7%)	0.003
	<i>during</i>	42 (17.8%)		5 (5.0%)		35 (10.3%)	
<i>Daytime sleepiness</i>	<i>before</i>	29 (12.3%)	0.005	4 (4.0%)	0.003	15 (4.4%)	0.029
	<i>during</i>	47 (19.9%)		15 (15.0%)		27 (7.9%)	

Significant differences at $p < 0.05$ are in bold.

Supplementary Figure S1. Sleep disorders in the three groups before lockdown.



Supplementary Figure S2. Sleep disorders in the three groups during lockdown.

