

**SLEEP EFFICIENCY AND MALADAPTIVE BEHAVIORS IN INDIVIDUALS WITH
DEVELOPMENTAL DISABILITIES**

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Objective:

Sleep disorders are common in individuals with mood disorders and individuals with developmental disabilities. The relationship between sleep problems and daytime behavior, however, has not been elucidated.

Study Design:

The current study examined the sleep and behavior records of 23 subjects residing in a state institutional facility. Data were collected in fifteen minute intervals by direct observation and periodically cross-checked by investigators for 117 consecutive 24hr. periods. Frequencies of maladaptive behaviors were recorded during each day.

Results:

There was a high correlation between sleep and behavior ($r^2 = .735$). Lagged correlations of up to ± 4 days between sleep and behavior were also highly significant.

Conclusion:

The correlation between sleep and behavior in the subjects examined suggests a trait rather than a causal relationship.