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## NEW METHODS OF THE TREATMENT EFFICACY EVALUATION AT ASTHMATIC CHILDREN

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**Objectives:** The polysomnogram has been added to the complex examination of patients (clinical, allergological, immunological, neurological) for an efficacy therapy evaluation at asthmatic children.

**Materials and methods:** 13 children (9male, 4 females) 4-14 y.o. (middle age  $7,6 \pm 1,2$ ) suffering of bronchial asthma have been examined in dynamics (in the exacerbation and in remission). This research was carried out on computer diagnostic system "Laboratories of sleep (SAGURA-SCHLAFLBOR-II)".

**Results:** At visit 1 (in asthma exacerbation) only one 10-y.o. girl had sleep apnoea of a mild degree. Other 12 children demonstrated insomnia caused by disease activity (disadvantage of a REM-stage of sleep, a fragmentation of dream, augmentation of latency time to dream). All patients had treated by inhalatory steroids (budesonide), broncholitics and symptomatic drugs. Clinical remission was achieved within 3-7 days. There were expressed positive changes and polysomnogram normalization in girl with apnoea symptoms at visit 2 (after 4-10 weeks of inhalatory steroid treatment by Fluticason propionat) in the disease remission. Were marked also augmentation of REM- stage of sleep, decrease of a fragmentation of dream among other 10 children. There was unchanged data of polysomnogram only in 2 boys. This was demanded follow-up appointed therapy for normalizing phases of dream.

