**Introduction:** Infant intrinsic factors, parental mental health, and parenting functioning could influence infant sleep development (Camerota et al., 2019). The current study was designed to advance understanding of parental mental health in influencing bedtime resistance in infants aging 8-12 months.
**Objectives:** The main aim of the present study was to examine the role of parental postpartum affective disorders, infants' temperament and paternal involvement at bedtime in predicting infants' bedtime resistance (e.g. fussing, crying or protesting).
**Methods:** 60 Italian families of infants (34 boys and 26 girls) aging from 8 to 12months (M =10.73, SD = 2.54) participated in this study. Parents completed Brief Infant Sleep Questionnaire (Sadeh et al., 2009), Perinatal Assessment of Paternal and Maternal Affectivity (Baldoni et al., 2018), QUIT for infants' temperament (Axia, 2002) and an ad-hoc questionnaire for fathers' involvement. Two multiple linear regressions (MR), one for fathers and one for mothers, and relative weight analyses (RWA) were conducted.
**Results:** Infants' involvement in constant bedtime routines (reported by fathers: $\beta = -.35$, $p < .05$; mothers: $\beta = -.31$, $p < .05$) and paternal involvement at bedtime (fathers: $\beta = -.45$, $p < .01$; mothers: $\beta = -.27$, $p < .05$) represented protective factors for infants' bedtime difficulties. Paternal affective disorders, accounted for 17.2% of the explained variance for mothers' and 12.5% for fathers' reports of infant bedtime difficulties, more than did maternal postpartum affective disorders.
**Conclusions:** Findings support that parental mental health can interfere with infants' bedtime resistance.

**Keywords:** paternal involvement; Postpartum depression; sleep

## EPP1298

## Is ADHD a sleep disorder? can adhd improve by treating the comorbid sleep disorder(S)? a research update

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**Introduction:** Research has shown that ADHD and sleep disorders are intimately intertwined in the majority of patients in both childhood and adulthood. Circadian rhythm sleep disturbances, esp. the delayed sleep phase syndrome, as well as several other sleep disorders, such as Insomnia, Restless Legs, Periodic Limb Movement Disorder and Sleep apnea are associated with ADHD. With a prevalence rate of 80% of sleep disorders in adults with ADHD, the question not only is what is chicken and egg, but even if both conditions share a joint pathophysiology.
**Objectives:** To investigate the consequences of this comorbid sleep disorders on severity of ADHD, mood and health, as well as to find evidence on improvement of ADHD by treatment of the sleep disorder(s).
**Methods:** Recent research will be evaluated to formulate answers to these questions.
**Results:** Sleep loss resulting from sleep disorders increases ADHD severity due to more impairment of cognition and memory as well as mood instability. Sleep loss in the longer term also leads to obesity, with negative consequences for health in general. First studies showing a decrease of ADHD symptoms by treatment of sleep disorders will be discussed.
**Conclusions:** ADHD and sleep disorders come together in the majority of patients and need both assessment and treatment. Treatment of ADHD by improving sleep, is an intriguing research question with potential new treatment options.

**Keywords:** Treatment; Adult; ADHD; sleep disorders

## EPP1300

## Elderly: Coping with sleep disorders

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**Introduction:** Sleep problems are a common presenting symptom of elderly patients to Primary care physicians and Psychiatrists. Almost half of seniors over age 65 who live at home are dissatisfied with their sleep, and nearly two-thirds of those residing in nursing home facilities suffer from sleep disorders. Chronic and pervasive sleep complaints and disturbances are frequently associated with excessive daytime sleepiness and may result in impaired cognition, diminished intellect, poor memory, confusion, and psychomotor retardation.
**Objectives:** The aim of this article is to sumarize and explore the facts envolving sleep disorders, discusses approaches to treatment and highlights new research in the area of geriatric sleep disorders.
**Methods:** An online bibliographic search was carried out on PubMed and Medline using the keywords "Elderly", "sleep" and "Psychiatry".
**Results:** Management of sleep disorders is complicated by the risk of side effects of pharmacologic treatment approaches, and thus nonpharmacologic strategies are preferred when possible. Additionally, many of the pharmacologic strategies used in treating younger adults have not been studied adequately in the geriatric population, and more specifically in patients with underlying cognitive disorders, making treatment choices difficult.
**Conclusions:** This review has provided insights into the biopsychosocial impact of sleep disorders in the elderly, as this group pose unique challenges for diagnosis and treatment. Sleep changes in the elderly may have a far broader impact on geriatric health than originally thought, with implications for AD and delirium, and further research is needed in these areas as well.

**Keywords:** Elderly; sleep

## EPP1302

## Sleep-related behavior as a factor of anxiety and depression: Mediating role of sleep quality

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**Introduction:** Although sleep hygiene is a well-studied factor of good sleep (Irish et al., 2015, McNail et al., 2016), less is known

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