

## **Sleeping Disorders of Students with Intellectual Disabilities**

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Abstract: This study aims at recognizing the main forms of sleeping disorder among students with middle and severe intellectual disabilities for male and female students who have joined the institute of intellectual education in Jeddah. The researcher uses the descriptive approach to achieve the main goals of the study. The researcher prepares a questionnaire to show the why students with mental disabilities suffer from sleeping disorders. The questionnaire consists of four dimensions which are bedtime, sleep behavior, waking up at night, and waking up during the day. Then the validity and reliability of the study tool were then extracted.

The researcher applied the study tool on the survey sample of the study, which covered 150 students; 75 male students and 75 female students with middle and severe Intellectual disabilities who have joined the institute of intellectual education in Jeddah. They were chosen deliberately.

The results of the study showed that the sleep disorders do exist among students of intellectual disabilities on all different dimensions of the scale with a total average score of (2.53) . The highest score came favoring the dimension of "waking up at night" with an average score of (2.63), while the dimension of "sleep behaviors" came next with an average score of (2.57). Third came the dimension of "waking up at daytime" with an average score of (2.50) and fourth and finally came the dimension of "sleep time" with an average score of (2.46) average score. The results also showed that these disorders spread more among male students and that they spread more on students with severe mental disabilities than students with moderate mental disabilities

*Keyword: students with intellectual disabilities, sleeping disorders.*