INTRODUCTION
The international literature provides us various data regarding sleep disorders and complaints related to this pathology. We decided to examine and evaluate the main parameters that characterize sleeping habits in children and sleep-related complaints that may affect its quality and the quality of life.

We will present data on sleeping habits in school children: time spent with sleeping, quality of sleep, frequency of sleep-related complaints.

PURPOSE
The main inquiries, we were seeking answers to were:
• the frequency of sleep-related disorders which appear in childhood.
• the most frequently met complaints related to this issue.
If these complaints can be an early sign of obstructive sleep apnea (OSA).

RESULTS

CONCLUSION
Nighttime complaints are more frequent in young school children and daytime complaints in adolescents. Most adolescents consume energy drinks and food, some of them just before bedtime, which may adversely affect the quality and quantity of sleep, and quality of life.

The presence of mass-media through the television, computer games and the Internet in the everyday life of children and adolescents have negative consequences regarding sleep time, quality of sleep and sleep-related complaints.