

Poor sleep quality in people living with HIV

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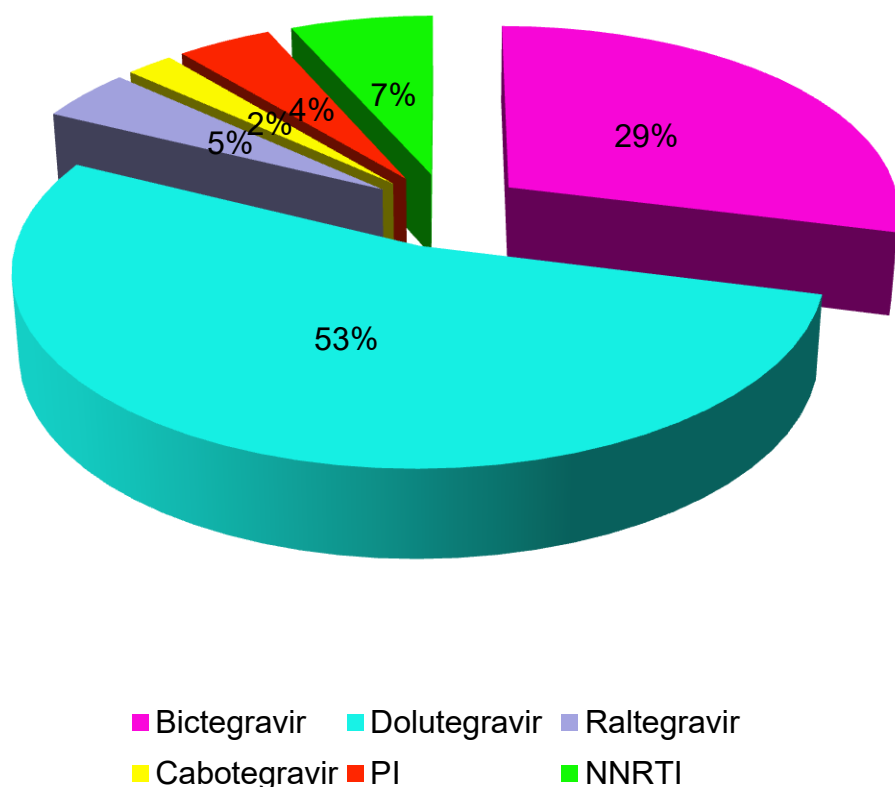
Introduction

- Sleep disorders can affect quality of life, physical and social functioning and can also cause chronic fatigue; PLWH seem vulnerable to various degrees of sleep problems. The purpose of the present study was to evaluate sleep quality and its related psychological and physiological factors in PLWH on antiretroviral therapy.

Study Design

- A cross sectional study was done. The Pittsburg Sleep Quality Index (PSQI), a 19-item self-rated scale which assesses sleep quality and disturbances over a 1-month time interval, assessing seven sleep components: sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of hypnotics, and daytime dysfunction during the last month, was administered to 203 outpatients on antiretroviral therapy, followed by Division of Infectious Diseases of Pavia.

Figure 1. Antiretroviral regimens



Results

- Based on the sleep quality assessment, 59.2 % of the patients had PSQI > 5 that was defined as sleep disturbances, among them 42 had a PSQI >10 defining very poor sleep quality. Before taking the questionnaire, 20% of patients with PSQI >5 reported having a good quality of sleep. 72 pts were males and 48 females with the mean age of 53.9. The most common routes of HIV transmission were injection drug use (51.1 %) and sexual contacts (48.9 %). The participants had been under ARV treatment for an average of 6.3 years, most were on treatment with INSTI; all regimens are summarized in figure 1. Only 17 patients reported taking hypnotics.

Conclusion

- This study showed that people living with HIV suffer from sleep disorders at least as same as the general population and surprisingly most patient are unaware of suffering from sleep disorders. Sleep disorders should be investigated in all PLWH since timely treatment could improve patients' quality of life.

References

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