(S07) SLEEP DISORDERS IN MULTIPLE SCLEROSIS

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Background: Disrupted sleep and poor sleep quality can be associated with fatigue, daytime sleepiness, and possibly dangerous cardiorespiratory events. The prevalence of sleep disorders in multiple sclerosis (MS) has not been well established. Symptomatic narcolepsy has been reported in 8.6% of MS patients. In our preliminary report involving 65 MS patients, we found a prevalence of sleep disorders of 37%. Objectives: To determine the prevalence and to identify the type of sleep disorders in MS patients.

Methods: This was a prospective study for all types of MS. A sleep disorder questionnaire including the Epworth sleepiness scale was given to MS patients aged 18 to 64 years during their follow-up visit to the Maxine Mesinger MS Comprehensive Care Center at Baylor College of Medicine. Collected data include demographic information, type of MS, date of diagnosis, use of tobacco and alcohol, sleeping habits, caffeine consumption, and medical history. We also asked about current and previous treatments and other medical conditions. Patients who suffer from congestive heart failure, primary respiratory disorders, and obstructive respiratory disorders or any other neurodegenerative condition were excluded. Informed consent was obtained from all participants. Results: A total of 100 patients were included; 81 were women, and the mean age was 40 years. Most patients were on interferon treatment (50%), 17% on glatiramer acetate, 22% on natalizumab, and 11% on other types of treatment. Family history of sleep disorders was present in 9%. Forty percent of the patients were found to have sleep disturbances, based on an Epworth scale score of >9. Of these patients, 87.5% had significant fatigue. The most common sleep disturbance reported was difficulty falling asleep, followed by frequent awakenings. Demographics will be presented. Conclusions: Insomnia is diagnosed in 6% to 15% of the general population. The prevalence of sleep disorders in our MS population was 40%, and fatigue was present in 87.5% of these patients. Several factors influence the quality of sleep in MS. These can cause daytime somnolence and increased fatigue. Awareness and treatment of these conditions is vital for improving the health and quality of life of MS patients.

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