Sleep Quality in People with Multiple Sclerosis: A Ten-Year Follow-Up Study

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Abstract

Introduction: Although a clear causal relationship between multiple sclerosis (MS) and sleep disorders has not been established, previous studies indicate that approximately 19–67% of patients with MS experience sleep difficulties. The broad spectrum of disease-related symptoms may contribute to impaired sleep quality.

Aim: To assess sleep quality in patients with MS at two time points separated by ten years.

Participants and Methods: The study included patients with MS treated at the Department of Neurology, University Hospital Centre Osijek. Data were collected using a general questionnaire covering demographic characteristics and self-reported quality of life. Sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI), which evaluates seven components of sleep. Higher PSQI scores indicate poorer sleep quality.

Results: Sleep disturbances represent a common but frequently underrecognized problem in patients with MS. They may be associated with primary disease manifestations and secondary symptoms. Preliminary findings from this longitudinal study will be presented at the congress.

Conclusion: Early recognition and targeted treatment of sleep disorders, using pharmacological and nonpharmacological interventions, may improve functional outcomes and quality of life in patients with MS.

Keywords: multiple sclerosis; nursing care; sleep; Pittsburgh Sleep Quality Index

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Kvaliteta spavanja osoba s multiplom sklerozom: desetogodišnje praćenje

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Sažetak

Uvod: Iako jasna uzročno-posljedična povezanost multiple skleroze (MS) i poremećaja spavanja nije utvrđena, dosadašnja istraživanja pokazuju da približno 19–67 % bolesnika s MS-om ima poteškoće sa spavanjem. Širok spektar simptoma povezanih s bolešću može pridonijeti narušenoj kvaliteti spavanja.

Cilj: Procijeniti kvalitetu spavanja bolesnika s MS-om u dvije vremenske točke, s razmakom od deset godina.

Ispitanici i metode: Istraživanje je uključivalo bolesnike s MS-om liječene na Klinici za neurologiju Kliničkog bolničkog centra Osijek. Podaci su prikupljeni općim upitnikom koji obuhvaća demografska obilježja i samoprocjenu kvalitete života. Kvaliteta spavanja procijenjena je Pittsburghovim indeksom kvalitete spavanja (*Pittsburgh Sleep Quality Index*, PSQI), kojim se vrednuje sedam sastavnica spavanja. Veći rezultat upućuje na lošiju kvalitetu spavanja.

Rezultati: Poremećaji spavanja čest su, ali u kliničkoj praksi nedovoljno prepoznat problem u bolesnika s MS-om. Mogu biti povezani s primarnim manifestacijama bolesti i njezinim sekundarnim simptomima. Preliminarni rezultati longitudinalnog istraživanja bit će predstavljeni na kongresu.

Zaključak: Rano prepoznavanje i ciljano liječenje poremećaja spavanja farmakološkim i nefarmakološkim postupcima može pridonijeti poboljšanju funkcionalnih ishoda i kvalitete života bolesnika s MS-om.

Ključne riječi: multipla skleroza; zdravstvena njega; spavanje; Pittsburghov indeks kvalitete spavanja

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