Frequency and Characteristics of Sleep Disorders During Pregnancy

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Abstract

Introduction: Sleep disorders during pregnancy are a common and often underrecognized health issue. They arise as a consequence of complex hormonal, metabolic, anatomical, physiological, and psychological changes that accompany gestation, leading to alterations in sleep architecture, a reduction in deep sleep, and increased sleep fragmentation.

Aim: The aim of the study is to determine the prevalence and characteristics of the most common sleep disorders during pregnancy, including insomnia, restless legs syndrome, obstructive sleep apnea, gastroesophageal reflux, and excessive daytime sleepiness.

Participants and Methods: The study was conducted at the Department of Gynecology and Obstetrics over a period of four months. The study population consisted of pregnant women. The Insomnia Severity Index (ISI) was used to assess the severity of insomnia, and the Pittsburgh Sleep Quality Index (PSQI) was used to evaluate sleep quality. A sleep diary and a structured questionnaire collecting sociodemographic data were also used.

Discussion: Impaired sleep quality is associated with adverse health outcomes, including an increased risk of gestational diabetes, hypertensive disorders of pregnancy, depression, prolonged labor, and unfavorable neonatal outcomes. Timely recognition of symptoms and assessment of sleep quality as part of routine prenatal care may contribute to improved maternal health outcomes. Preliminary data from this study will be presented at the congress.

Conclusion: Timely management of sleep disorders during pregnancy can significantly contribute to preserving maternal health, supporting proper fetal development, and improving perinatal outcomes. Nonpharmacological measures are preferred, including education on sleep hygiene, adjustments in sleeping position, physical activity, relaxation techniques, and psychological support.

Keywords: sleep disorders; pregnancy; hormones; sleep quality

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Učestalost i obilježja poremećaja spavanja u trudnoći

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Sažetak

Uvod: Poremećaji spavanja tijekom trudnoće predstavljaju čest i nedovoljno prepoznat zdravstveni problem. Nastaju kao posljedica složenih hormonalnih, metaboličkih, anatomsko-fizioloških i psiholoških promjena koje prate trudnoću, što dovodi do promjena u arhitekturi spavanja, smanjenja udjela dubokog sna te povećane fragmentacije spavanja.

Cilj: Cilj istraživanja jest utvrditi učestalost i obilježja najčešćih poremećaja spavanja tijekom trudnoće, uključujući nesanicu, sindrom nemirnih nogu, opstruktivnu apneju u spavanju, gastroezofagealni refluks te izraženu dnevnu pospanost.

Ispitanici i metode: Istraživanje je provedeno na Klinici za ginekologiju i opstetriciju tijekom četiri mjeseca. Ispitivanu skupinu činile su trudnice. Za procjenu težine nesanice korišten je Indeks težine nesanice (Insomnia Severity Index – ISI), a za procjenu kvalitete spavanja Pittsburghov indeks kvalitete spavanja (Pittsburgh Sleep Quality Index – PSQI). U istraživanju su korišteni i dnevnik spavanja te strukturirani upitnik koji obuhvaća sociodemografske podatke.

Razrada: Narušena kvaliteta spavanja povezana je s nepovoljnim zdravstvenim ishodima, uključujući povećan rizik od gestacijskog dijabetesa, hipertenzivnih poremećaja trudnoće, depresije, produljenog poroda te nepovoljnih neonatalnih ishoda. Pravodobno prepoznavanje simptoma i procjena kvalitete spavanja u sklopu redovitog praćenja trudnoće mogu pridonijeti boljim zdravstvenim ishodima trudnica. Na kongresu će biti prikazani preliminarni podaci ovog istraživanja.

Zaključak: Pravodoban pristup poremećajima spavanja tijekom trudnoće može značajno pridonijeti očuvanju zdravlja trudnica, pravilnom razvoju ploda te boljim perinatalnim ishodima. U liječenju se prednost daje nefarmakološkim mjerama, poput edukacije o higijeni spavanja, prilagodbe položaja tijela tijekom spavanja, tjelesne aktivnosti, tehnika opuštanja i psihološke podrške.

Ključne riječi: poremećaji spavanja; trudnoća; hormoni; kvaliteta spavanja

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