Effect of various factors on sleep disorders and quality of life in Parkinson's disease

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Abstract

In Parkinson's disease (PD), sleep disorders (SD) occur as a result of the neurochemical changes in sleep centres, neurodegenerative changes in dopaminergic neurons, and other factors. The most common SD include excessive daytime sleepiness, insomnia, restless legs syndrome and nocturia. The aim of the study was to compare quality of sleep, as a factor that greatly impacts quality of life (QoL), between PD patients and a control group and to further examine SD in the PD group with focus on incidence and SD types as well as on effects various factors (age, sex, PD characteristics, medication usage) have on these disorders. The study included 110 patients who met the criteria for the diagnosis of PD and 110 age-matched healthy controls. We used the Pittsburgh Sleep Quality Index, PD Sleep Scale, Epworth Sleepiness Scale, PD QoL Questionnaire-8 and PD Questionnaire-39 (items 30 and 33). In the group with PD, we considered the duration of the disease, the stage of disease according to the Hoehn and Yahr scale, medications and their impact on the SD. The average duration of the disease was 6 years and the mean stage was 2.44. The result showed significant differences in the sleep quality between groups. In the PD group, SD differences were also found according to gender, duration of the disease and medication usage. The most common SD were fragmented sleep, insomnia and nocturia. To improve the QoL of PD patients, it is necessary to pay more attention to detecting and solving SD.

Keywords: Parkinson's disease, sleep disorders, quality of sleep, quality of life

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Utjecaj različitih čimbenika na poremećaje spavanja i kvalitetu života u Parkinsonovoj bolesti

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Sažetak

U Parkinsonovoj bolesti (PB) poremećaji spavanja-*sleep disorders* (SD) javljaju se djelovanjem neurokemijskih promjena u strukturnim centrima vezanim za spavanje, neurodegenerativnih promjena u dopaminergičkim neuronima i drugih čimbenika. Najčešći SD uključuju ekscesivnu dnevnu pospanost, nesanicu, sindrom nemirnih nogu i nokturiju. Cilj ove studije je bio usporediti kvalitetu spavanja, kao čimbenik koji u velikoj mjeri utječe na sveukupnu kvalitetu života- *Quality of Life* (QoL) u bolesnika s PB i kontrolnoj skupini ispitanika. Nadalje, posebno su se analizirali SD u grupi bolesnika s PB s naglaskom na incidenciju i tip SD, kao i utjecaj različitih čimbenika (dob, spol, karakteristike PB, korištenje lijekova) na ove poremećaje. Studija je uključila 110 bolesnika koji su zadovoljili kriterije idiopatske PB i 110 dobno sukladnih zdravih ispitanika kontrolne skupine. Korišteni su Pittsburgh Sleep Quality Index (PSQI), PD Sleep Scale (PDSS), Epworth Sleepiness Scale (ESS), PD QoL Questionnaire-8 (PDQ-8) and PDQ-39 upitnik (točke 30 i 33). U grupi ispitanika s PB analizirano je trajanje bolesti, stadij bolesti prema Hoehn and Yahr (H&Y) skali, medikacija i njihov utjecaj na SD. Srednje trajanje PB bilo je šest godina, dok je srednji stadij bolesti bio 2.44. Rezultati istraživanja pokazali su statistički značajnu razliku u kvaliteti spavanja među ispitivanim grupama. U grupi s PB, SD razlike su bile značajno različite s obzirom na spol, trajanje bolesti i korištenje lijekova. Najčešći SD bili su fragmentirano spavanje, nesanica i nokturija. Da bi se poboljšala sveukupna QoL bolesnika s PB nužno je obratiti pozornost na detektiranje, a potom i na učinkovito rješavanje SD.

Ključne riječi: Parkinsonova bolest, poremećaji spavanja, kvaliteta spavanja, kvaliteta života

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