Digital Screen Exposure and Sleep in Patients with Epilepsy: A Pilot Study

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Abstract

Sleep disturbances are common in patients with epilepsy and may be influenced by seizure-related factors, treatment, lifestyle, and environmental exposures. Digital screen use is one of the potentially relevant factors affecting sleep quality. The aim of this pilot study was to investigate the relationship between daily exposure to digital screens and sleep disturbances in patients with epilepsy. The possible roles of sociodemographic characteristics and individual factors, including cognitive status, educational attainment, employment status, seizure types, and antiseizure treatment, were also considered. Sleep quality was assessed using the Croatian version of the Pittsburgh Sleep Quality Index (PSQI). This questionnaire comprises 19 self-reported items assessing seven components of sleep quality: subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleep medication, and daytime dysfunction. According to the reported findings, sociodemographic characteristics and PSQI scores were significantly correlated with seizure control and treatment effectiveness in patients with epilepsy. However, the abstract does not provide numerical results or measures of association. The findings suggest that sleep quality and individual patient characteristics should be considered when assessing seizure control and treatment outcomes. Further studies are needed to clarify the relationship between digital screen exposure, sleep disturbances, and epilepsy-related outcomes.

Keywords: sleep; epilepsy; digital screen exposure; sleep quality; PSQI

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Izloženost digitalnim ekranima i spavanje u bolesnika s epilepsijom: pilot-istraživanje

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Sažetak

Poremećaji spavanja česti su u bolesnika s epilepsijom, a na njih mogu utjecati čimbenici povezani s epileptičkim napadajima, liječenjem, životnim navikama i okolišnim utjecajima. Uporaba digitalnih ekrana jedan je od potencijalno važnih čimbenika koji mogu utjecati na kvalitetu spavanja. Cilj ovog pilot-istraživanja bio je ispitati povezanost svakodnevne izloženosti digitalnim ekranima s poremećajima spavanja u bolesnika s epilepsijom. Razmatrana je i moguća uloga sociodemografskih obilježja te individualnih čimbenika, uključujući kognitivni status, razinu obrazovanja, zaposlenost, vrste epileptičkih napadaja i antiseizurnu terapiju. Kvaliteta spavanja procijenjena je hrvatskom inačicom Pittsburghova indeksa kvalitete spavanja (*Pittsburgh Sleep Quality Index*, PSQI). Upitnik sadržava 19 pitanja za samoprocjenu sedam sastavnica kvalitete spavanja: subjektivne kvalitete spavanja, latencije usnivanja, trajanja spavanja, uobičajene učinkovitosti spavanja, smetnji spavanja, uporabe lijekova za spavanje i dnevnog funkcioniranja. Prema navedenim rezultatima, sociodemografska obilježja i rezultati PSQI upitnika bili su statistički značajno povezani s kontrolom epileptičkih napadaja i učinkovitošću liječenja. Međutim, u dostavljenom sažetku nisu navedeni brojčani rezultati ni mjere povezanosti. Nalazi upućuju na važnost razmatranja kvalitete spavanja i individualnih obilježja bolesnika pri procjeni kontrole epileptičkih napadaja i ishoda liječenja. Potrebna su daljnja istraživanja kako bi se razjasnila povezanost izloženosti digitalnim ekranima, poremećaja spavanja i ishoda povezanih s epilepsijom.

Ključne riječi: spavanje; epilepsija; izloženost digitalnim ekranima; kvaliteta spavanja; PSQI

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