

THE CORRELATION BETWEEN SNORING OR SLEEP DISTURBANCE AND NOCTURIA

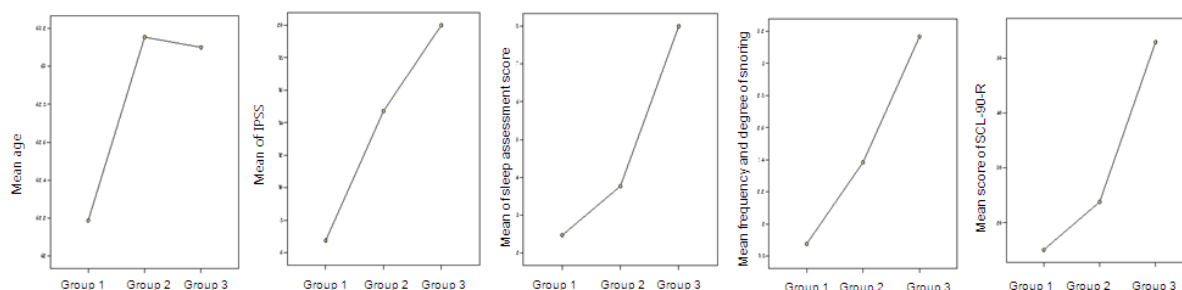
Hypothesis / aims of study

Nocturia does not have a direct impact on the life, but has adverse effects on health due to sleep disturbance, decreased activity and psychiatric impairment. We evaluated the correlation of snoring, sleep disturbance and psychical health status according to the frequency of nocturia.

Study design, materials and methods

We analyzed 52 patients who had lower urinary tract symptoms (LUTS) and participated in the survey between January 2012 and July 2012. The patients were divided into 3 groups. Group 1 included without nocturia. Group 2 included 1 or 2 times of nocturia and Group 3 included more than 3 times of nocturia. All patients completed a questionnaire that included the International Prostate Symptom Score (IPSS), Quality of Life (QoL) Score, Global Sleep Assessment Questionnaire, Drowsiness Degree, Sleep-50 Questionnaire, and Symptom Checklist-90-Revision (SCL-90-R). Statistical analyses included the Student's t-test and ANOVA. Differences were considered significant at a p-value of less than 0.05.

Results



Interpretation of results

The mean age was 62.9 ± 1.1 years. Nocturia during sleep was experienced by 36 (69%) out of 52 patients. Thirty six patients (31%) included in group 1, 26 patients (50%) included in group 2 and 10 patients (19%) included in group 3. In group 1, 8 patients (50%) snored and 13 (50%) in group 2 and 7 (70%) in group 3 snored. Increased frequency of nocturia, there are observed increased IPSS score, GSA questionnaire score, frequency and degree of snoring and degree of drowsiness and SCL-90-R score. In cases with nocturia, it is significant higher score of IPSS score, QOL, Global sleep assessment score. ($p < 0.001$, $p = 0.020$, $p = 0.037$, respectively)

Concluding message

Frequency of nocturia increases, the score associated with sleep symptoms, degree of drowsiness and frequency of snoring increase. To improve QoL, nocturia should be treated well.

Disclosures

Funding: No **Clinical Trial:** No **Subjects:** HUMAN **Ethics Committee:** Daegu Catholic University Medical Center Institutional Review Board **Helsinki:** Yes **Informed Consent:** Yes