

## **SLEEP DISORDERS IN PATIENTS WITH MULTIPLE SCLEROSIS**

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**Background:** Sleep disorders are conditions that prevent a person from getting restful sleep and cause daytime sleepiness. The inability to fall asleep or to stay asleep, (insomnia), is most common.

Sleep disorders occurring in patients with multiple sclerosis (MS) are highly prevalent and result probably from increasing dysfunction, disorders of mood and emotion, localization of lesions in the central nervous system and specific therapy.

**Aims:** To evaluate the quality of sleep in patients with MS and the link between the quality of sleep and the level of anxiety, depression and fatigue.

**Material and methods:** We studied 32 patients with MS, mean age 34.17 years, mean duration of disease 7.8 years; mean EDSS  $2.5 \pm 2$  points. The patients completed a sleep disorder questionnaire and were scored on the Epworth Sleepiness Scale (ESS), Beck Depression Inventory (BDI), Athens Insomnia Scale and Hospital Anxiety and Depression Scale (HADS).

**Results:** In the examined group, 11 patients (34.37%) declared sleep disorders. Excessive daytime sleepiness was recognized in 3 patients (9.37%) and insomnia in 8 patients (25%). The studied patients did not complain of sleep disturbances before the onset of MS. There was no correlation between the sleep disorders and age, sex, education or specific treatment; anxiety and depression were correlated with insomnia, but not with excessive daytime sleepiness.

**Conclusions:** Sleep disorders occur in patients with MS, can exacerbate fatigue and are independently from age, sex, duration of the disease, or treatment, but are related to anxiety, depression as well as to the EDSS score.