

UNMET SLEEP NEED IS PREVALENT AMONG MIGRAINEURS

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Background: sleep disturbance is common among subjects with headache, especially migraine. Sleep disturbance is closely associated with sleep need, which may vary person to person. However, the association between individuals' sleep need and migraine has not been reported. This study is to assess the association between migraine and unmet sleep need (USN)

Methods: We selected a stratified random population sample of Koreans aged 19-69 and evaluated them by face-to-face interview using questionnaire. Sleep need was evaluated using a question "How many hours of sleep do you think is enough?" If a participant's sleep need was more than her/his sleep duration, she/he was classified as having USN.

Results: In a representative sample of 2,695 individuals, 1130 (41.9%) subjects and 143 (5.3%) subjects were classified as having non-migraine headache and migraine, respectively. 848 (31.5%) subjects were identified as having USN. The proportion of USN among migraineurs (48.3%) was significantly higher compared to non-headache controls (38.8%, $p=0.031$) or non-migraine headache (23.9%, $p0.001$). Among migraineurs, the proportion of USN was not significantly different among headache frequency of 1 attack per month (23/47, 48.9%), 1-10 attacks per month (44/80, 45.0%, $p = 0.668$) and 10 attacks per month (10/16, 62.5%, $p = 0.351$). Headache frequency, Visual Analogue Scale for headache intensity and Headache Impact Test Score were not significantly different between migraineurs with UNS and migraineurs without USN.

Conclusions: Unmet sleep need is prevalent among migraineurs and is more frequently associated with migraine compared to non-migraine headache or non-headache controls.