



Is Your Insomnia Caused by a Sleeping Disorder?

Insomnia is the most common sleep disorder in the general population and difficulty staying asleep is the most common presentation, yet research in the area of “complex insomnia” (comorbidity between insomnia and sleep disordered breathing) has not been well developed. This comorbidity may be more than an existence of two diagnoses in that if one is properly treated, the other might disappear. In this study we evaluated the patients that received a diagnostic polysomnogram (PSG) that also had complaints or characteristics of insomnia.

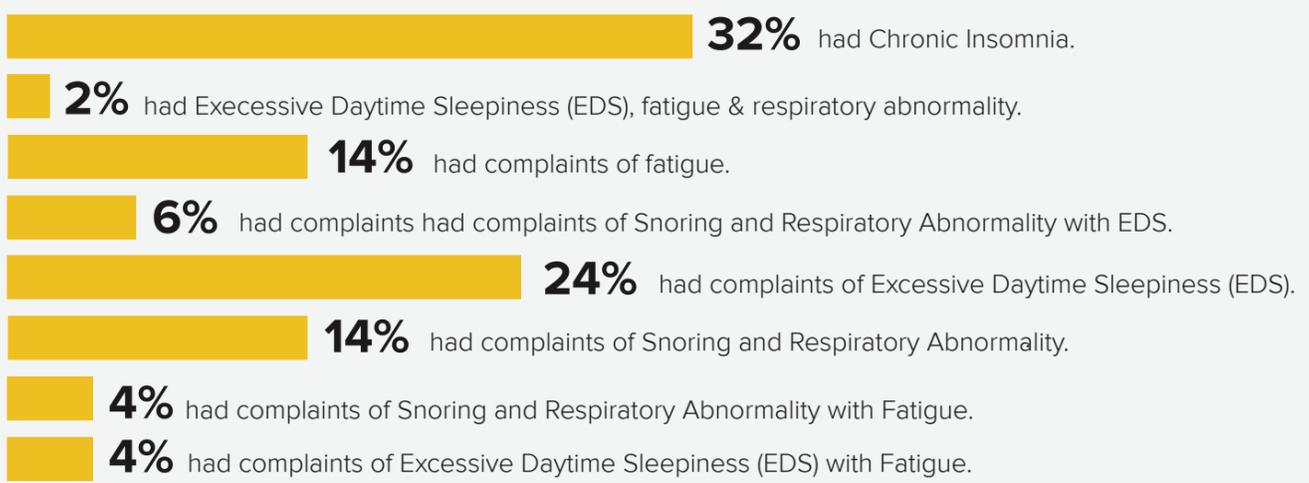


The records of

388 patients

at the Rowe Neurology Institute in Kansas City, KS, were reviewed.

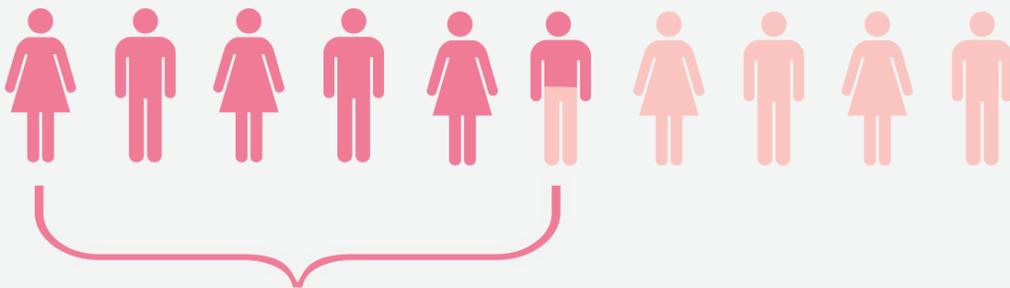
Their issues & complaints



What was done?

55% {215} of the patients completed a Polysomnogram*

*A Polysomnogram (PSG) is a sleep study used to diagnose sleep disorders. PSG records your brain waves, the oxygen level in your blood, heart rate and breathing, as well as eye and leg movements during the study.



99% of the patients who had a PSG were diagnosed with Sleep Disordered Breathing*

*Sleep Disorder Breathing (SDB) is a general term for breathing difficulties occurring during sleep.

of the patients diagnosed with Sleep Disordered Breathing...

76%

suffered from Obstructive Sleep Apnea

Obstructive Sleep Apnea (OSA) is a condition in which the flow of air pauses or decreases during breathing while you are asleep because the airway has become narrowed, blocked, or floppy.

23%

suffered from Upper Airway Resistance Syndrome

Upper Airway Resistance Syndrome (UARS) is a sleep disorder characterized by airway resistance to breathing during sleep.

Overall Message

This study shows a correlation between the complaint of insomnia and the presence of SDB. This raises concern that patients with chronic insomnia may be treated with medications and may not be evaluated for an underlying cause such as SDB. Further study in the relationship between insomnia and SDB is warranted for optimal patient care.