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### Sleep disorders among the elderly in a rural area of Crete

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**Background & Aim:** Studies have shown that people who sleep well have lower incidence of cardiovascular diseases and cancer. The sleep disorders are frequently underdiagnosed, consisting a major cause of concern in the elderly. The purpose of the study is to identify sleep disorders among the elderly in a rural area of Crete and to investigate a possible association with concomitant diseases and medication used. **Method:** the study was conducted with the use of Pittsburgh Sleep Quality Index (PSQI greek version) in 854 people over 65 years old, who visited the clinic of the health center, to prescribe their regular medication, from February 2015 till July 2015. Moreover, information about age, gender, height, weight, medical history, chronic diseases and chronic medication was also recorded.

**Results:** 501 women (58.7%) and 353 men (41.3%) with mean age  $73 \pm 6,7$  years and an average BMI serum  $28,7 \pm 3,5$  were examined. Sleep disturbance was found in 186 individuals (21.7%), 99 females and 87 males. The main concomitant diseases were hypertension in 60.1%, 38.7% dyslipidaimia, coronary artery disease in 29.2%, 17.9% diabetes, COPD 16.8%, depression 15, 6%. The most common medication used was ACE inhibitors(23.4%), diuretics (22.9%), and statins (21.1%). A relationship between sleep disturbances and antidepressant treatment ( $p < 0,03$ ) was revealed, as well as their association with COPD ( $p < 0,04$ ), congestive heart failure and arrhythmias ( $p < 0,05$ ) mainly AF. 21,4% of people with sleep disorders received proper treatment. BMI does not appear to affect the quality of sleep, in contrast to the increasing age and female gender ( $p < 0,05$ ).

**Conclusions:** Morbidity of geriatric population studied did not differ from that in international bibliography, whereas sleep disorders in the elderly in this area show a slight increase, attributed mainly to an increase in depression due to the economic crisis in our country in recent years.