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SLEEP DISTURBANCE IN SCLERODERMA

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BACKGROUND

Sleep quality may be impaired in scleroderma (SSc) patients, impacting on quality of life. Hence, we evaluated the prevalence of sleep disturbance in SSc patients and its possible association with epidemiological, clinical and laboratory data, the approach to treatment, depression and its impact on quality of life.

MATERIALS AND METHODS

This is a cross sectional study including 60 SSc patients. Epidemiological, clinical, laboratory and treatment data were extracted from the charts. The Pittsburgh questionnaire (PSQI) was used to evaluate sleep quality, the Center for Epidemiological Scale – Depression (CES-D) to evaluate depression, and the 12-Item Short-Form Health Survey (SF-12) for quality of life. Disease severity was evaluated by the Medsger index and the degree of cutaneous involvement by the Rodnan modified (Rodnan-m).

RESULTS

The prevalence of patients with sleep disturbance was of 73.3%. Sleep disturbance was associated with esophageal involvement ($p = 0.03$), Medsger index ($p = 0.01$), and depression ($p = 0.002$). Patients with poor quality of sleep had worse quality of life by the SF-12 in mental ($p = 0.001$) and physical domains ($p = 0.0008$). No associations were found with epidemiological, serological and treatment variables (all $p = ns$).

CONCLUSIONS

There is a high prevalence of sleep disturbance in SSc that is associated with esophageal involvement, severity of disease, depression and quality of life.