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Impact of chronic depression and chronic anxiety on sleep disorders in the elderly. The results of WOBASZ II Survey for Polish population aged 60-79 years

Alicja Cicha-Mikolajczyk¹, Anna Waskiewicz¹ and Wojciech Drygas^{1,2}¹Institute of Cardiology, Poland²Medical University of Lodz, Poland

Sleep disorders have become common chronic disease in the last years. The purpose of the study was to investigate impact of chronic depression and chronic anxiety on sleep disorders in Polish population aged 60-79 years. The self-reported data on prevalence of sleep disorders, chronic depression and anxiety (N=1596) were obtained in the Multicenter National Population Health Examination Survey WOBASZ II (2013-2014). Logistic regression was used to estimate the odds of sleep disorders by sex depending on chronic depression and chronic anxiety. The overall prevalence of sleep disorders was 22.8% (men: 15.4%, women: 28.7%, $p<0.001$). Prevalence of sleep disorders increased with age: from 13.3% to 20.6% ($p=0.014$) in men and from 27.2% to 31.7% ($p=0.159$) in women, respectively in the age group 60-69 and 70-79 years. For both sexes presence of chronic depression or chronic anxiety significantly increased the prevalence of sleep disorders: 14.7% versus 2.2% or 14.7% versus 2.4% and 16.1% versus 3.6% or 21.6% versus 3.9%, respectively in men and women. Chronic

depression increased odds of sleep disorders much more in men (OR: 4.71, 95% CI:<1.94; 11.45>) than in women (OR: 2.48, 95%CI:<1.34; 4.59>), while chronic anxiety at the similar level (men: OR: 4.29, 95% CI:<1.78; 10.33>, women: OR: 4.74, 95% CI:<2.74; 8.22>). Elderly women have two times higher odds of sleep disorders than men (OR: 2.05, 95% CI:<1.57.2.69>). Chronic depression and chronic anxiety are independent risk factors of sleep disorders in both sexes. The odds of sleep disorders is significantly higher in women than in men.

Biography

Alicja Cicha-Mikolajczyk has completed her PhD at Warsaw Technical University. She is a Biomedical Engineer. She acts socially and nowadays she is a Chairmen of Mazowian Department of the Polish Society of Gerontology. Since 2016, she has been a Deputy Chairman of Polish National Group of International Society for Clinical Biostatistics.

alicia.cichamikolajczyk@gmail.com