Study the status and quality of sleep in patients with migraine and factors affecting it

Introduction and statement of the problem

As sleep disorders can be seen in both healthy people as well as in patients with migraine, and due to their impacts on economic and social lives of this group of people, it has been decided to study the sleep quality in case-control method based on persian version of questionnaire (PSQI).

Research Materials and methods:

This study is a case-control study. In this research, 278 people have been examined in two seprate group of 139 people of case and 139 people of control. Extracting data is by utilizing Persian version of PSQI questionnaires which have been filled by patients with migraine as well as control group. The collected data has high sensitivity and high reliability. Data collected and analyzed based on some variables such as, sex, marital status, occupation, use of hypnotics, and sleeping habbits. After that, the data has been analyzed by using statistical software and further analysis has been done by us.

Results:

As mentioned earlier, 278 patients were studied. 59.7 percent were females with age of 38/39. 44.6 percent with patient duration of 4 to 8 years and 70.5 patients has migraine without aura. It has been observed in studying sleep qualities in both groups that in all seven areas, patients with migraine group sleep level were worse than control group. Also, it has been observed after reviewing the total score of patients in migraine group that there are 4.3 percent with lack of sleep disorders, 17.3 percent with mild sleep disorders, 64 percent with moderate sleep disorders and 14.4 percent with severe sleep disorders. Reviewing total score in control group has shown that there are 27.3 percent with lack of sleep disorders, 47.5 percent wiyh mild sleep disorders, 25.2 percent with moderate sleep disorders and 0 percent with severe sleep disorders.

Conclusion:

Results showed that migraine is one of the factors that can influence on patients sleep rhythms and sleep qualities which may lead to or causes sleep quality decline.

Keywords : migraine,sleep quality,headache.