



## PREVALENCE OF SLEEP DISTURBANCE AMONG POST-MENOPAUSAL WOMEN

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### ARTICLE INFO

#### Article History:

Received 13<sup>th</sup> July, 2017  
Received in revised form  
04<sup>th</sup> August, 2017  
Accepted 17<sup>th</sup> September, 2017  
Published online 10<sup>th</sup> October, 2017

#### Key Words:

Sleep disturbances,  
Post-menopausal women,  
Insomnia,  
Quality of life.

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### ABSTRACT

Sleep disturbance is one of the sign and symptom encountered in postmenopausal women. It affects the quality of life and may lead to depression in some women. A prospective study conducted on 195 post-menopausal women who attend the Saveetha medical hospital OPD during April 2017 to June 2017, to identify sleep disturbance among them. Post-menopausal women were interviewed with the questions from the validated questionnaire after getting consent from them. The questionnaire includes demographic details of the participants, pattern of sleep disturbance, effects of sleep disturbance and their willingness for treatment. The prevalence of sleep disturbance was 68%. Waking up in middle of the sleep (maintenance insomnia) was complained by 34% and 32% has difficulty in initiating sleep. Almost in 53% of women the quality of life was affected. 50% of women are interested in taking treatment for sleep disturbance. Insomnia is common in post-menopausal women with significant effect in quality of life. There is need for it to be investigated and treated promptly.

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Citation: Sulismadi and Ahmad Sofwani. 2017. "Prevalence of Sleep Disturbance among post-menopausal Women", *International Journal of Development Research*, 7, (10), 15972-15974.

## INTRODUCTION

Menopause is associated with changes in behavior and other biological functions e.g., mood swings, anxiety, stress, forgetfulness and sleep disturbances. Several studies suggest that sleep in male and female subjects differs across lifespan, and this may result from the influence of female gonadotropic hormones on sleep. Several studies suggest that low estrogen is a factor in the sleep complaints of postmenopausal women. Indeed, there is scattered evidence that hormone replacement therapy may partially relieve sleep complaints. Postmenopausal women may have a number of sleep disorders including insomnia, obstructive sleep apnea (OSA) and restless legs syndrome (RLS), to name a few. Having this background in mind, we explored the prevalence and type of sleep disturbances seen among menopausal women in this research.

## METHODS

A prospective study done on 195 post-menopausal women who attend the Saveetha medical hospital OPD during April 2017 to June 2017, to identify sleep disturbance among them. Postmenopausal women interviewed with questions from the validated questionnaire after getting consent. The questionnaire includes demographic details of the participants, pattern of sleep disturbance, effects of sleep disturbance and their willingness for treatment. Both natural and surgical Postmenopausal women attending Saveetha medical hospital OPD were included. Women with prolonged or co-morbid illness were excluded.

## RESULTS

The (Fig. 1.) highlights that the Prevalence of Sleep disturbance on postmenopausal women include 68% percentage whereas (Fig 2) the type of sleep disturbances in

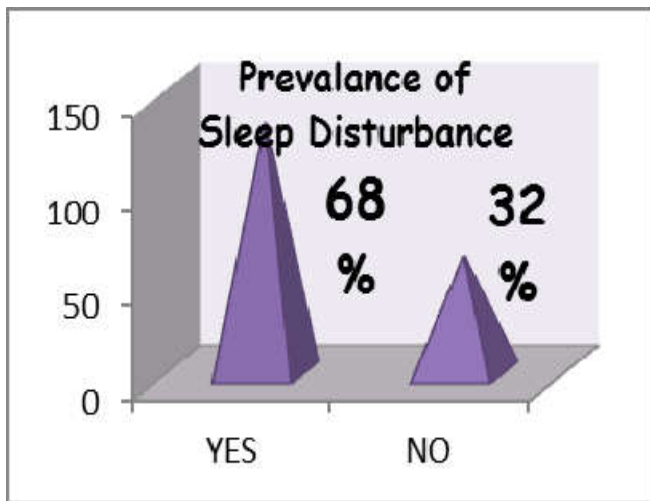


Fig. 1. Prevalance of Sleep Disturbance

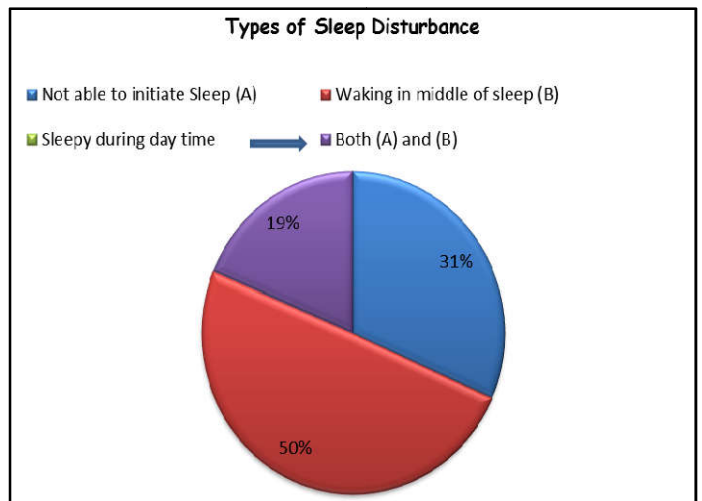


Fig. 2. Types of sleep Disturbance

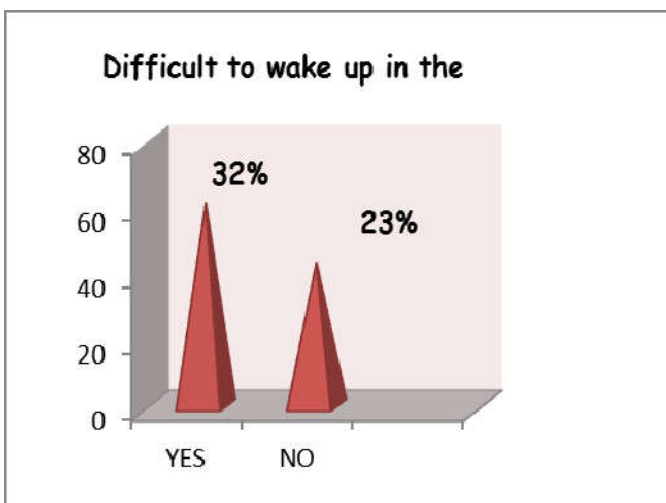


Fig. 3. Change in daily life(Difficult to wake up)

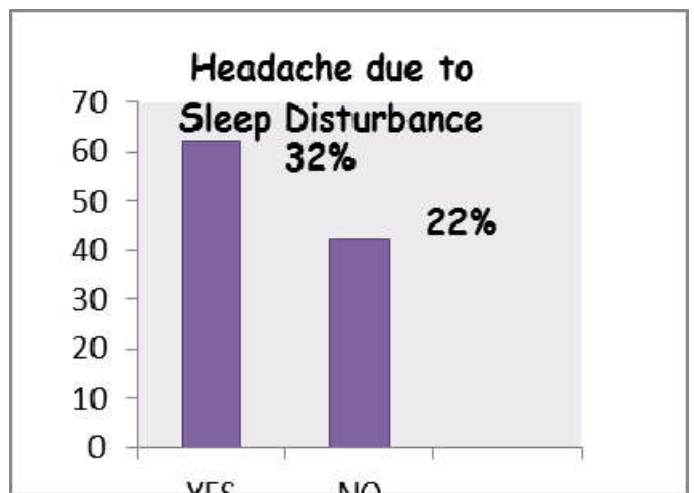


Fig. 4. Head ache due to Sleep disturbance

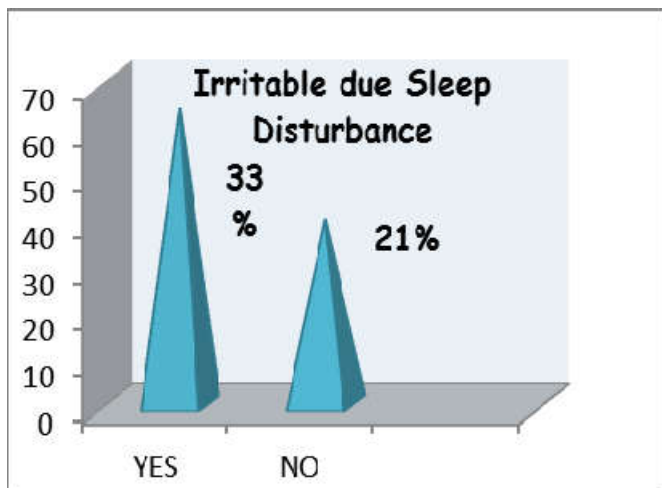


Fig. 5. Irritable due to Sleep Disturbances

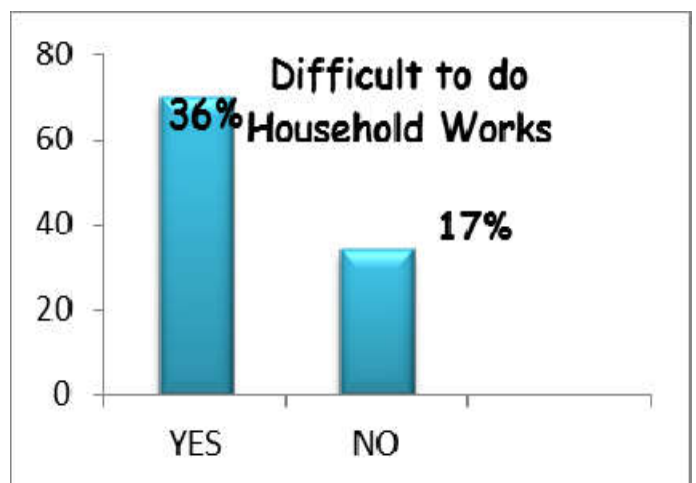


Fig. 6. Difficult to do household work

which women waking up in middle of sleep remains higher to 50% than other types. There are drastic changes in the daily life for the women due to sleep disturbance. In (Fig 3) shows that 32% of identified women are facing difficulty to wake up in the morning due to Sleep disturbance and also (Fig 4) represents that 32% of women are having headache due to sleep disturbance.

Fig 5 suggests 33% of women are irritable due to sleep disturbance. The (Fig 6) illustrates 36% percentage of women are facing difficulty to do household works due to sleep disturbance and in (Fig 7) highlights that only 2% of sampled women are taking medication for sleep disturbance. As a final result (Fig 9) suggests 47% of women are interested to take treatment for the sleep disturbances.



Fig. 7. Taking Medication for Sleep Disturbance

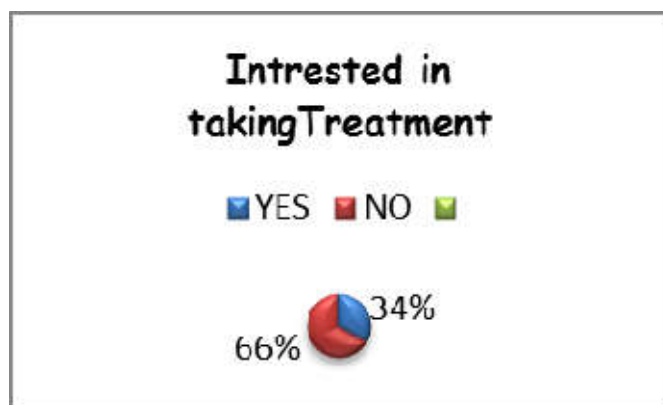


Fig. 6. Interested in taking treatment

## DISCUSSION

In Guidozi F study most commonly encountered sleep disorders is insomnia also in the study by Guidozi F1. but in our study women waking up in middle of sleep remains higher to 50%. In our study complain of maintenance of sleep was 68%. According to the study conducted by Shazia Jehan, the core symptoms of the menopausal transition are sleep disturbance where the prevalence ranges 60%. Also in another study Daniel F. Kripke highlighted that many of the women reported that at least once a week they awoke several times at night (41%), fell asleep during quiet activities which directly correlates our results that 32% are facing difficulty to wake up in the morning. In Cuadros et al study high Insomnia Severity Index scores positively correlated with Perceived Stress Scale,

similarly in our study 33% were irritable when they had sleep disturbances. Terauchi M et al in his study concludes that difficulty in initiating sleep is associated with anxiety and in our study 36% percentage of women are facing difficulty to do household works due to sleep disturbances. Also 47% of women are interested in taking treatment for the sleep disturbances which gives good approach of positive study. Ameratunga et al. in his study says understanding of the factors leading to sleep disturbances is important in initiating the treatment.

## Conclusion

Maintenance insomnia is common in post-menopausal women with prevalence rate of 68% with significant effect in quality of life. There is need for it to be investigated and to be treated promptly.

## Acknowledgement

We thank chancellor, director, Dean of Saveetha Medical college & hospital, Saveetha university to all the women included in the study for permitting to conduct successfully.

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