

# Differences between psychiatric and non-psychiatric patients who suffered from sleep disturbance and received polysomnographic examination

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**Objectives:** The aim of this study was to find out differences between psychiatric and non-psychiatric patients who had sleep disorder and received polysomnographic (PSG) examination. In order for physicians to perform more appropriate management.

**Methods:** The data were collected from a sleep laboratory in one mental hospital located in central Taiwan. That sleep laboratory done PSG for patients in their own clinics and patients referred from other general hospitals. These people included psychiatric and non-psychiatric patients. The authors collected the demographic data of the participants and the results of their PSG within 1 year, and the subjects were asked to done some rating scales related to sleep. The data were analyzed then.

**Results:** The authors enrolled 785 patients totally, 262 (33.4%) were psychiatric patients (80.9% of them suffered from depressive disorder), 523 (66.6 %) were non-psychiatric patients. The authors compared these two groups. We found in psychiatric group, they had more females (54.2% vs. 33.1%), more peoples trouble fell asleep (63.8% vs. 38.0%), and more midnight awakening (59.2% vs. 40.8%). As to non-psychiatric group, more of them had the problem of sleep apnea (62.0% vs. 31.3%), overweight and obesity [body mass index (BMI)>24] (70.4% vs. 53.8%). These differences met statistical significance. Periodic limb movement index (PLMI) and others of these 2 groups had no statistical difference. Most of the patients claimed sleep problems annoyed them and impaired their quality of life. But, mental illness patients focused on sleep problems more than medical illness patients.

**Conclusions:** The findings of this study revealed there existed with some significant

differences between psychiatric and non-psychiatric patients who suffered from sleep disorder. Polysomnography is a useful tool to explore the sleep-wake disorders. No matter patients suffered from mental illnesses or medical diseases. They may have sleep complaints and sleep-wake disorders, which annoyed patients in many aspects. Also, the comorbidity may happen. Physicians should pay more attention on these conditions and perform appropriate evaluation and treatment for patients.