

Insomnia symptoms in patients with different dementia subtypes

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Objective: The aims of this study were to evaluate the prevalence of insomnia symptoms and to predict factors associated with hypnotic usage in patients with different dementia severity and subtype.

Methods: This cross-sectional study enrolled patients with dementia or mild cognitive impairment visiting dementia clinic during Oct, 2015 to Dec, 2016. Hypnotic use (including BZD, Z-drug, or sedating antidepressants) and insomnia symptoms including sleep onset difficulty (SOD), sleep interruption (SI), early morning wake up, excessive daytime sleepiness (EDS) and wander at night were collected from caregiver through phone interview. Dementia subtype was diagnosed according to DSM-IV. Severity was categorized by clinical dementia rating (CDR) scale performing within 1 year of phone interview.

Results: 156 subjects were included into analysis. The most common symptom was EDS (56.4%), followed by SI (31.4%) and SOD (26.3%). Severer dementia had higher prevalence of EDS (77.8% in patients with CDR 3 or 2; 50%, 29.6% in CDR 1 and 0.5, respectively. $p<0.01$). Patients with mixed dementia (Alzheimer's + vascular dementia) had highest risk of SI (68.8%; 25%, 31.3% and 27.3% in patients with Alzheimer's (AD), vascular dementia (VaD) and other type. $p<0.01$) and wander at night (37.5%; 2.9%, 9.4%, 18.2% in AD, VaD and other type, respectively. $p<0.01$). After adjust age, gender, depression and systemic disorders, factors predict hypnotic use in dementia patients include symptoms of SOD (OR=18.1, 95% CI=4.49-72.9, $p<0.01$) or SI (OR=7.23, 95% CI=2.15-24.34, $p<0.01$), head trauma history (OR=0.23, 95% CI=0.07-0.82, $p=0.02$), VaD (compared with AD, OR=4.16, 95% CI=1.04-16.57, $p=0.04$) or mixed dementia (OR=7.37, 95% CI=1.18-46.14, $p=0.03$), and foreign caregiver (compared with relative caregiver, OR=6.02, 95% CI=1.46-24.8, $p=0.01$).

Conclusion: Mixed dementia had highest prevalence of insomnia symptoms than other dementia subtypes. In patients with dementia, symptoms of SI or SOD, VaD or mixed dementia subtype, or cared by foreign caregiver increased risk of hypnotic use.

中文題目：不同嚴重度及類型的失智症與失眠症狀的關係

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