

## Prevalence of Sleep Disorders in Patients with Multiple Sclerosis

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**Background:** Multiple sclerosis (MS) is an autoimmune disease that affects the central nervous system with the prevalence of about 2.5 million people worldwide. About half of these patients have been reported having trouble in sleeping. This study aimed to investigate the rate of sleep disorders in patients with multiple sclerosis.

**Methods:** This was a cross-sectional study on patients with multiple sclerosis in Mashhad city, Iran, in 2012 based on the list of MS society. As many as 120 patients were selected by convenient sampling. A two – part questionnaire was used in this study. The first part was a researcher – made questionnaire including demographic characteristics and the second part was the Global Sleep Assessment (GSA) questionnaire, the validity and reliability of which have been confirmed in evaluating sleep disorders.

**Results:** The patients' mean age and mean disease duration was  $34.68 \pm 9.13$  and  $9.28 \pm 5.57$  years, respectively. Out of 120 samples, 32 (26.7%) were men and 88 (73.3%) were women. More than 87 percent of the subjects suffered from sleep problems and the most frequent problems were anxiety, sleep onset, and sleep continuity. Individuals' characteristics such as gender, marital status, educational level, employment status, and type of illness had a profound impact on certain types of sleep-related disorders.

**Conclusion:** The results of this study indicate that the majority of people with multiple sclerosis were somehow afflicted by sleep-related problems. This problem can severely affect daily activities, social relationships and overall quality of life. Multiple sclerosis (MS) is an autoimmune disease that affects the central nervous system with the prevalence of about 2.5 million people worldwide. About half of these patients have been reported having trouble in sleeping. This study aimed to investigate the rate of sleep disorders in patients with multiple sclerosis.

**Keywords:** Multiple Sclerosis, Sleep, Sleep Disorders