



SUBJECTIVE SLEEP DISTURBANCE AND CORRELATES IN COLOMBIAN WOMEN AROUND THE MENOPAUSE (*)

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(*) This research is a part of the CAVIMEC (Calidad de Vida en la Menopausia y Etnias Colombianas) Research Program.

OBJETIVO: To examine the relationship between self-reported sleep quality and menopausal symptoms, and quality of life (QoL) in mid-aged Colombian women.

Methods:

This cross-sectional study included 1,074 women aged 40 to 59 who were requested to fill out the Pittsburgh Sleep Quality Index (PSQI), the Menopausal Rating Scale (MRS) and a general questionnaire exploring socio-demographic characteristics.

Results: Median [interquartile range] age of the sample was 49.0 [9.0] years. A 45.4% were postmenopausal, 57.5% had increased body mass index (BMI) values, 85.7% were mestizo, 20.6% had hypertension, 74.0% had a stable partner, and 3.8% used hormone therapy. **The prevalence of insomnia was 57.0%** (PSQI score >4). Significant correlations were found between PSQI and MRS total and sub-scale scores.

PSQI FOR ALL STUDIED WOMEN					
FACTORS	B COEFFICIENT	STANDARD ERROR	95% IC	t	p
MRS SOMATIC	0.69	0.05	0.60-0.78	14.5	<0.0001
MRS PSYCHOLOGICAL	0.23	0.05	0.13-0.32	4.77	<0.0001
HYPERTENSION	0.56	0.24	0.09-1.90	2.34	0.019
SMOKING	1.33	0.29	0.75-1.90	4.52	<0.0001

CONCLUSION: Low quality of sleep was highly prevalent in this mid-aged Colombian female sample which was related to impaired menopause-related QoL.

