Evaluation of sleep disorders in pregnant women

 A cross sectional study

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Objective: Sleep disorders are common in pregnancy and are associated with important maternal and fetal consequences such as increased risk of pre-term labor, preeclampsia and gestational diabetes. The aim of this study was to evaluate the prevalence of sleep disorders and depression among pregnant women of Samen health center in Mashhad, Iran.

Methods & Materials: This cross-sectional study was performed on pregnant women who referred to Samen health center in Mashhad, Iran (2021-2022). After obtaining written consent, participants were asked to fill out the following questionnaires: Pittsburgh Sleep Quality Index (PSQI), Obstructive Sleep Apnea (STOP BANG), Restless Leg Syndrome (RLS), Beck depression inventory (BDI). The data were analysed using IBM SPSS software (Version 26.0, Chicago, IL, USA). A p-value bellow 0.05 was deemed statistically significant.

Results: Of 418 pregnant women, 395 women with a mean age of 28.61±6.416 and a mean body mass index of 26.51±5.27 were included in the study. Of all, 58 (14.6%) were in their first trimester, 146 (36.96%) were in their second trimester and 191 (48.35%) were in their third trimester. According to the findings, 68.1% of these women had poor sleep quality, 32.7% experienced the symptoms of restless leg syndrome, 96.7% were at low risk for obstructive sleep apnea, 3.3% were at high risk for obstructive sleep apnea and 41.6% reported signs of depression during their pregnancy.

Conclusion: Women experience high rates of sleep disorders and depression throughout their pregnancy. Therefore, health-care providers should carefully screen for sleep disturbances in pregnant women, particularly given the impact of inadequate sleep and sleep disorders on fetal, pregnancy, and postpartum outcomes.

Keywords: Sleep Disorders, Obstructive Sleep Apnea, Restless Leg Syndrome, Pregnancy