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OP 11 Sleep Quality is Poor in Patients with Chronic Migraine

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Backgrounds: Migraine attacks can be triggered with some situations like emotional stress, fasting, odours, and sleep disturbances etc. Sleep complaints have been identified frequently in patients with migraine. In this study, we aimed to evaluate the sleep characteristics of patients with chronic migraine at Mersin University.

Methods: 50 volunteer individuals with chronic migraine aged 18-75 were included in the study. For chronic migraine diagnosis, it was used the International Classification of Headache Disorders, 3rd edition (ICHD-3) diagnostic criteria's. The sleep disorders of patients were evaluated by "Epworth Sleep Scale" and "Pittsburgh Sleep Quality Scales" (PSQI).

Results: The average age of the patients was 41.9(± 12.2) and 90% of them were female patients. Patients' sleep latency was 35.4(±37.7) min, their sleep time was 6.3(±1.9) hours, morning awakening time was 7.12 (±1.37) hours, and sleep efficiency was 84.8% (±18.9). The sleep quality of all patients was poor. Again, in 14 (28%) of migraine patients, increased daytime sleepiness was detected. In addition, patients experienced problems such as feeling cold or hot during sleep, snoring loudly, and having bad dreams.

Conclusion: Sleep quality was poor with varying degrees in all patients. Difficulty falling asleep and maintaining, increased daytime sleepiness were the main problems of the patients. Sleep problems should be questioned separately in every migraine patient. Because, highlighting the relationship between migraine and sleep disorders is important to improve treatment strategies and to understand of migraine pathophysiology more a lot.

