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OP 12 The Relation Between Morning Headache and Obstructive Sleep Apnea

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Background: Morning headache is considered as a symptom of Obstructive Sleep Apnea (OSAS). Although Morning headache (MH) is not as common as other symptoms such as snoring, witnessed apnea and unrefreshing sleep, it can also impair daily activities. We aimed to investigate the prevalence of MH and assess other OSAS symptoms and risk factors among patients referred to the sleep laboratory.

Method: The study was conducted in the sleep center of the Erenköy Training and Research Hospital. Clinical and polysomnographic data on 200 patients with diagnosis of OSAS who underwent polysomnography were collected retrospectively.

Results: Baseline characteristics and clinical data were shown in Table 1. Among 200 patients, 56 patients (28 %) had MH. Female patients were more common in patients with MH. Unrefreshing sleep, daytime sleepiness, night sweat, attention deficit, and cognitive impairment were significantly more common in patients with MH. Epworth score was significantly higher in patients with MH (Table 3). Multivariate logistic regression analyses showed that unrefreshing sleep, night sweating, attention deficit were independently predictors of MH.

Conclusion: Although there was no association between severity of OSAS and MH, some OSAS symptoms were more common in patients with MH. Further prospective studies are needed to validate our results.