
SLEEP DISORDERS IN THE ELDERLY

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Introduction:

Sleep is a basic physiological need for the health and well being. Aging brings many changes in sleep holding the advance in age, multiple comorbidities and changes in lifestyle.

objectives:

Describe the quantity and quality of sleep in the elderly .

Methodology:

Prospective and descriptive study involving 40 people aged over 65. The sleep evaluation was done over a period of four weeks with a sleep diary (daily self-assessment tool of sleep and wakefulness) .

Results:

In our study, we found an average of hours of sleep in elderly subjects 8 to 9 hours per day. The sleep time was in 60% of cases before 10 pm and the wake-up time was in 52% cases at or before 6 am. The sleep latency did not exceed 30 min in 68 % of cases. Sixty pourcent subjects have had nocturnal awakening for more than an hour. Sleep quality was considered poor by 55% of sujets and disturbance was attributed significantly to somatic diseases.

Conclusion :

Sleep disorders in the elderly are common. The effective treatment must take account of psychological, psychosocial and somatic factors specific to age.