

# Insomnia: prevalence and associated factors

Lopes C<sup>1</sup>, Lopes D<sup>2</sup>, Ferreira S<sup>3</sup>, Correia TIG<sup>4</sup>, Pinto IC<sup>5</sup>

<sup>1,2,3</sup> Health School of Polytechnic Institute of Bragança. Portugal

<sup>4</sup> CIDESD. Health School of Polytechnic Institute of Bragança. Portugal [teresaicorreia@ipb.pt](mailto:teresaicorreia@ipb.pt)

<sup>5</sup> Coordinator of the Department of Diagnostic and Therapeutic Technologies. Health School of Polytechnic Institute of Bragança. Portugal

## Introduction

Nowadays sleep disorders are very common and affect most of the population, the most common may be insomnia. Insomnia is defined as the difficulty of initiating or maintaining sleep it, may also be reflected in an early wake up and by the presence of a non-restful sleep and it is associated with impairment in social and occupational functioning of the individual.

## Objective

Knowing the prevalence and the associated factors of insomnia.

## Materials and Methods

This is a cross-sectional epidemiological study. The population is constituted by 205 individuals of both sexes, aged over 18, who were in public places of a city in the north of the country. We applied a questionnaire to all the people who went through these places between 9 am to 7 pm. Insomnia was evaluated using the DSM-IV (Diagnosis and Statistical Manual of Mental Disorders). We use the Chi-Square to study the relation between the independent variables with variable insomnia, adopting a confidence interval of 95%.

## Results

The prevalence of insomnia was 46.8%.

Who suffers more from insomnia are: women in menopause (64.1%), elder people (66.7%) and those with four or fewer years of education (73.9%).

There was no significant statistical relationship between the prevalence of insomnia and sex or residence.

The causes of insomnia are: concern (48.6%), noise (31.8%) and disease (8.4%).

The drugs most consumed by insomniacs are benzodiazepines (79.2%).

Table I – Relationship between gender, menopause, age, qualifications, residence and insomnia.

Variables	Insomina		p value ( $\chi^2$ )	PR* (CI 95%)
	Yes (%)	No (%)		
<b>Gender (n = 205)</b>			0.301	
Male	41.5	58.5		1.0
Female	49.3	50.7		1.19 (0.9 - 1.7)
<b>Menopause (n = 140)</b>			0.029‡	
Yes	43.6	56.4		1.0
No	64.1	35.9		1.47 (1.1 - 2.0)
<b>Age (years) (n = 205)</b>			0.013‡	
18-65	43.0	57.0		1.0
≥ 65	66.7	33.3		1.55 (1.2 – 2.1)
<b>Qualifications (n = 205)</b>			0.001‡	
High level course	45.7	54.3		1.0
12 <sup>o</sup> years	35.6	64.4		0.45 (0.1 – 2.3)
9 <sup>o</sup> years	34.3	65.7		1.37 (0.8 – 2.4)
6 <sup>o</sup> years	53.8	46.2		1.57 (0.8 – 3.1)
4 <sup>o</sup> years	73.9	36.1		0.96 (0.6 – 1.7)
No education	33.3	66.7		0.78 (0.5 – 1.3)
<b>Residence (n = 205)</b>			0.919	
Urban	46.5	53.5		1.0
Rural	47.2	52.8		1.02 (0.8 – 1.)

\*Prevalence ratio; †Value only includes women; ‡Values of p statistically significant (p < 0.05).

## Conclusions

In this study insomnia affects about half of participants. The presence of insomnia seems to be related with the age increasing, low education and menopausal status in female. Sleep deprivation negatively affects the quality of life of insomniacs. Thus, it is essential that the patient be instructed about the control of insomnia and preventive therapy.