



# Seeking medical help for sleep apnea and disturbed sleep – polysomnography

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## Background & methods

Comorbidity of sleep apnea and insomnia has been repeatedly demonstrated. However little is known about polysomnographical (PSG) consequences of co-morbidity. One might expect a potentiation in the co-morbid group. Here we compare PSG in 400 women in the general population, of which some have sought medical help for snoring, or for poor sleep, or for both or for neither. ANOVA across 4 groups was applied to the data and adjusted for age and BMI.

## Results

The main results show that N1%, awakenings/h, and AHI is strongly increased in the the “both” group, while N2%, N3%, are clearly decreased. TST, sleep efficiency, REM% and latencies to N1, N3 and REM were not affected.

Sleep quality ratings were poor mainly in the “for sleep” group, and ratings of snoring frequency highest in the “for snoring” group.

## Conclusions

Having sought medical help for both snoring and sleep problems seem to be necessary for traditional PSG variables to show a significant impairment. Apparently snoring and poor sleep potentiate each other.

