PII-40: Angina Symptom-Related Correlates of Sleep Disturbances in Patients with Coronary Artery Disease

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Abstract:
Introduction: Strong relationships between sleep and angina have been documented, however much less is known about what specific dimensions of angina are correlated with sleep disturbances. In this study, we examined angina-symptom related correlates of sleep disturbances in patients with documented coronary artery disease (CAD).

Method(s): Patients were identified in an outpatient cardiac catheterization suite in a large medical center and those with documented CAD were recruited following elective coronary angiography. Participants completed reliable and valid questionnaires regarding angina symptoms including angina episode frequency and duration, angina severity and angina-related emotional upset (Chest Discomfort Diary) and sleep disturbances (7 subscales and global score, Pittsburgh Sleep Quality Index, PSQI). Data were analyzed using Pearson Product Moment Correlations. Alpha was set at p < .05.
Results: Patients (n=84) were primarily white (91.7%), men (72.6%) with a mean age of 62.3 ± 10.3 years, who had been diagnosed with CAD 8.8 ± 7.3 years. Correlations (r) were examined between angina episode frequency (FREQ), duration (DUR), severity (SEV) and angina-related emotional upset (EMOT) and sleep disturbances. FREQ and DUR were not normally distributed and were dichotomized using a median split. Greater FREQ was associated with poorer sleep efficiency (r=.23) and greater DUR was associated with poorer sleep quality (r=.25). Greater angina SEV was associated with poorer sleep quality (r=.52), sleep latency (r=.25), sleep duration (r=.32), sleep efficiency (r=.43), sleep disturbance (r=.24) and global sleep (r=.44). Greater angina-related EMOT was associated with poorer sleep quality (r=.28), sleep latency (r=.27), daytime sleepiness (r=.30), and global sleep (r=.26).

Discussion & Conclusions: Angina severity and angina-related emotional upset had more pervasive relationships with sleep disturbance. While angina frequency is often a focus of clinical assessment and research, future research should explore the nature of angina severity and angina-related emotional upset to better understand the bidirectional relationship between angina and sleep disturbances.

Abstract History:
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

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