

Non-restorative sleep and insomnia in Korea

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Aims

- To determine the prevalence of insomnia symptoms in the Korean general population
- To examine their evolution in the general population between 2001 and 2008

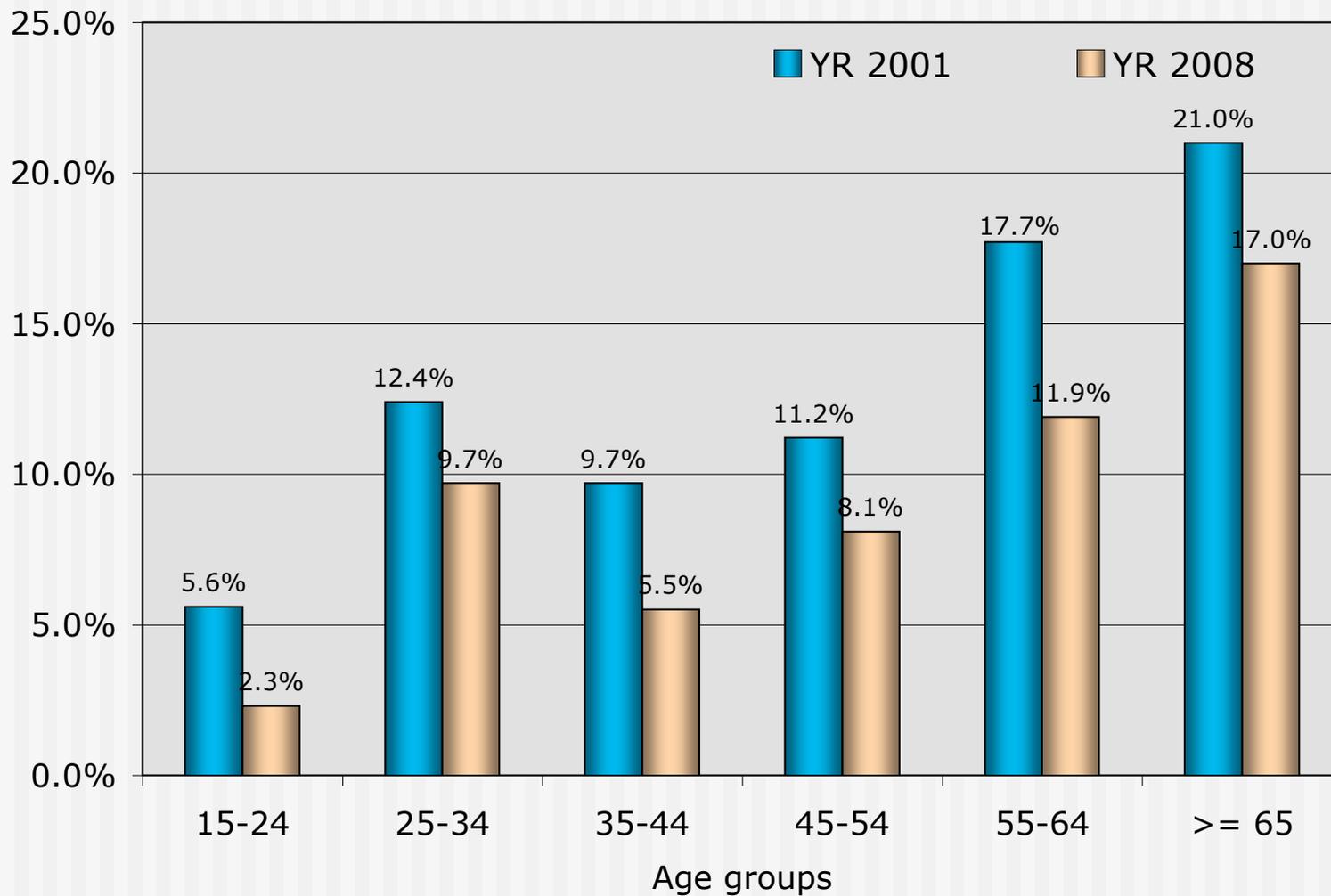
Methods

- **Sample:**
 - 2001: 3,719 individuals \geq 15 y.o.
 - 2008: 2,537 individuals \geq 15 y.o.
 - representative of South Korea (37.4 M)
- **Design:** cross-sectional telephone inquiry
- **Administration:** Lay interviewers using Sleep-EVAL System

Measures

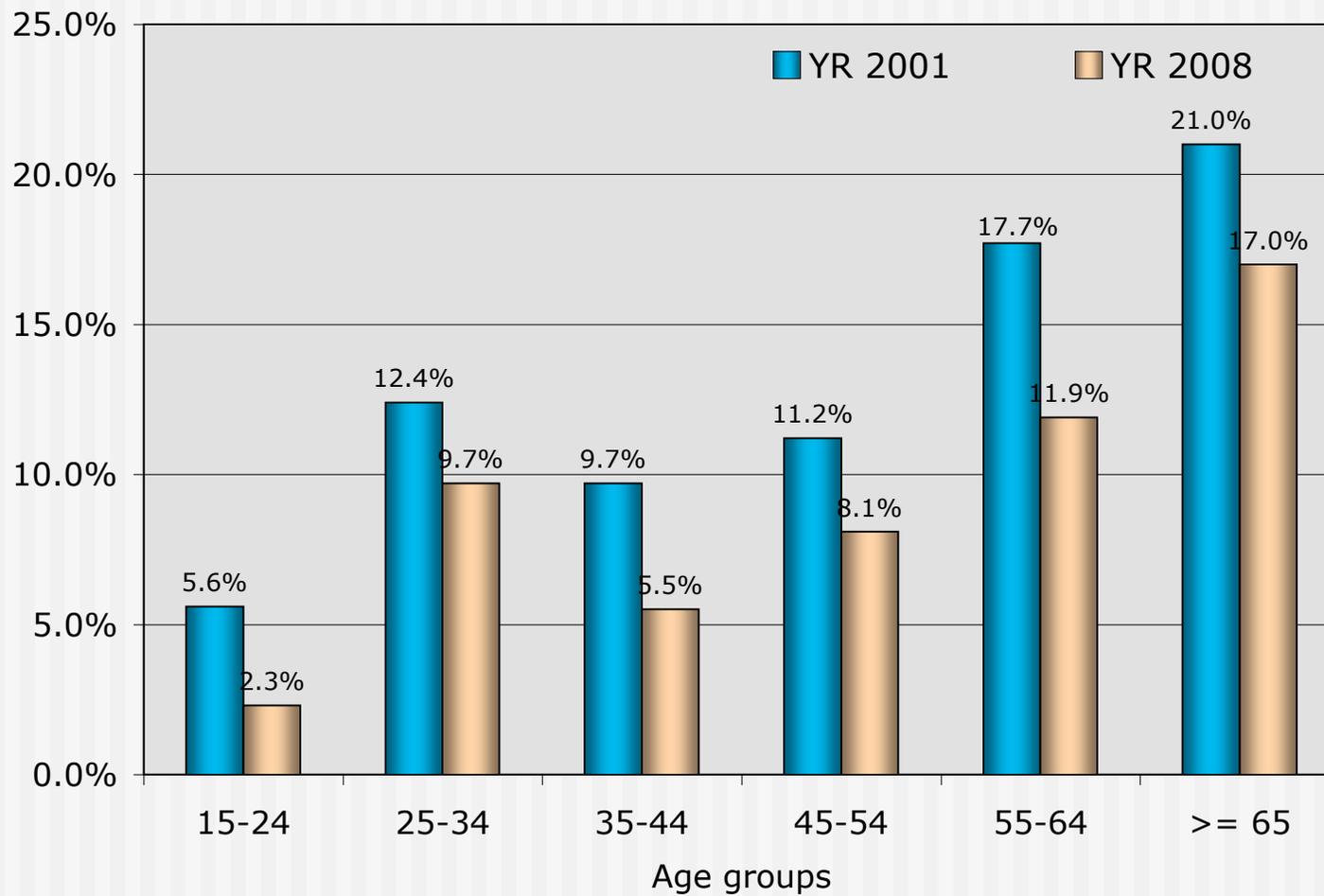
- Sleep questionnaire
- Sleep-EVAL diagnoses (DSM-IV and ICSD)
- Past and current history of organic diseases

Difficulty initiating sleep



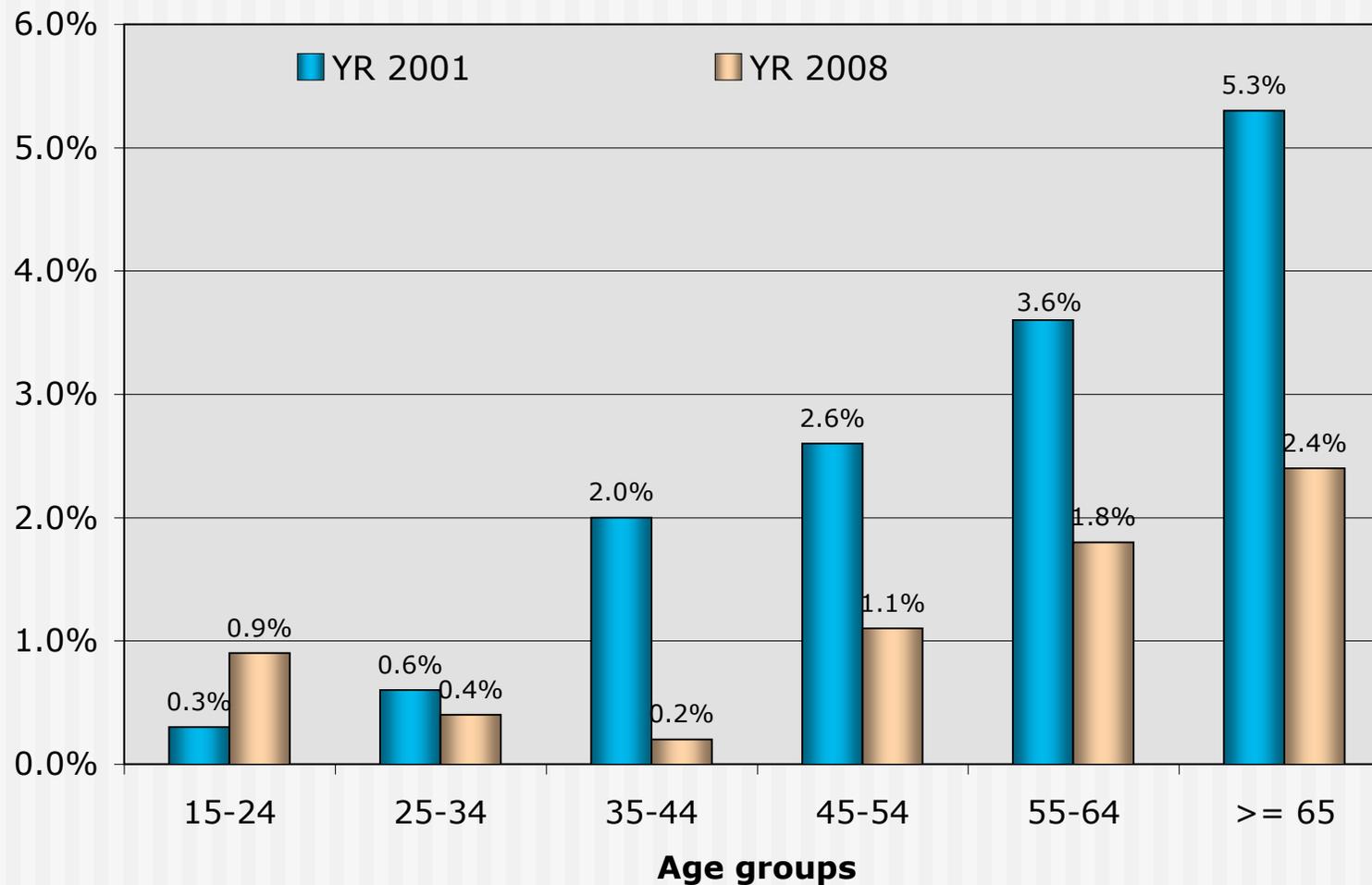
- Compared with 2001, in 2008:
 - Overall, prevalence of DIS was significantly higher in 2001
 - 2001: 4.1%
 - 2008: 2.3%
 - Significant decrease were observed in
 - 15-24 y.o.
 - 55-64 y.o.

Nocturnal awakenings



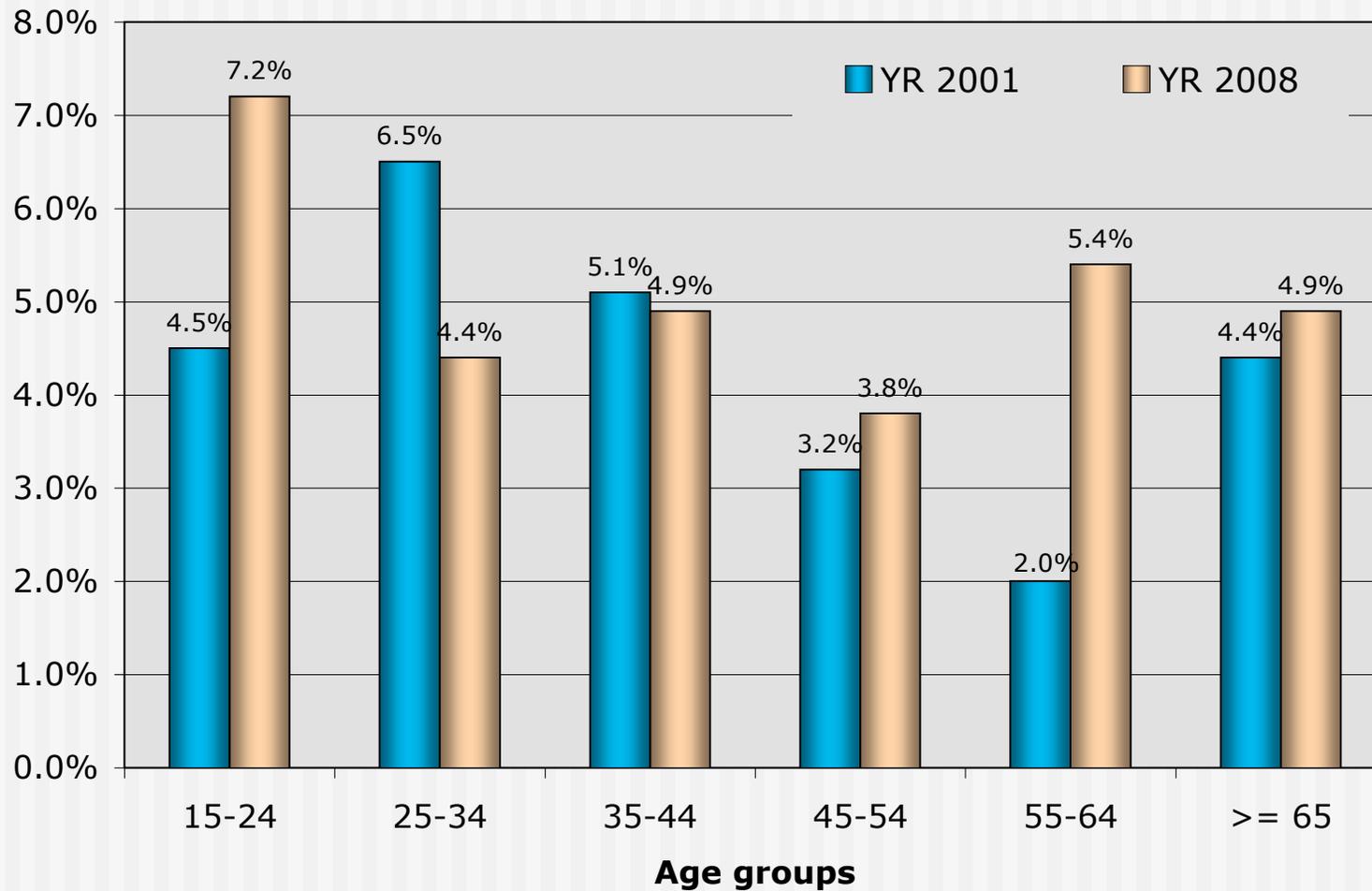
- Compared with 2001, in 2008:
 - Overall, prevalence of nocturnal awakenings was significantly higher in 2001
 - 2001: 11.8%
 - 2008: 8.3%
 - Significant differences were observed in
 - 35-44 y.o.
 - 45-54 y.o.
 - 55-64 y.o.

Early morning awakening



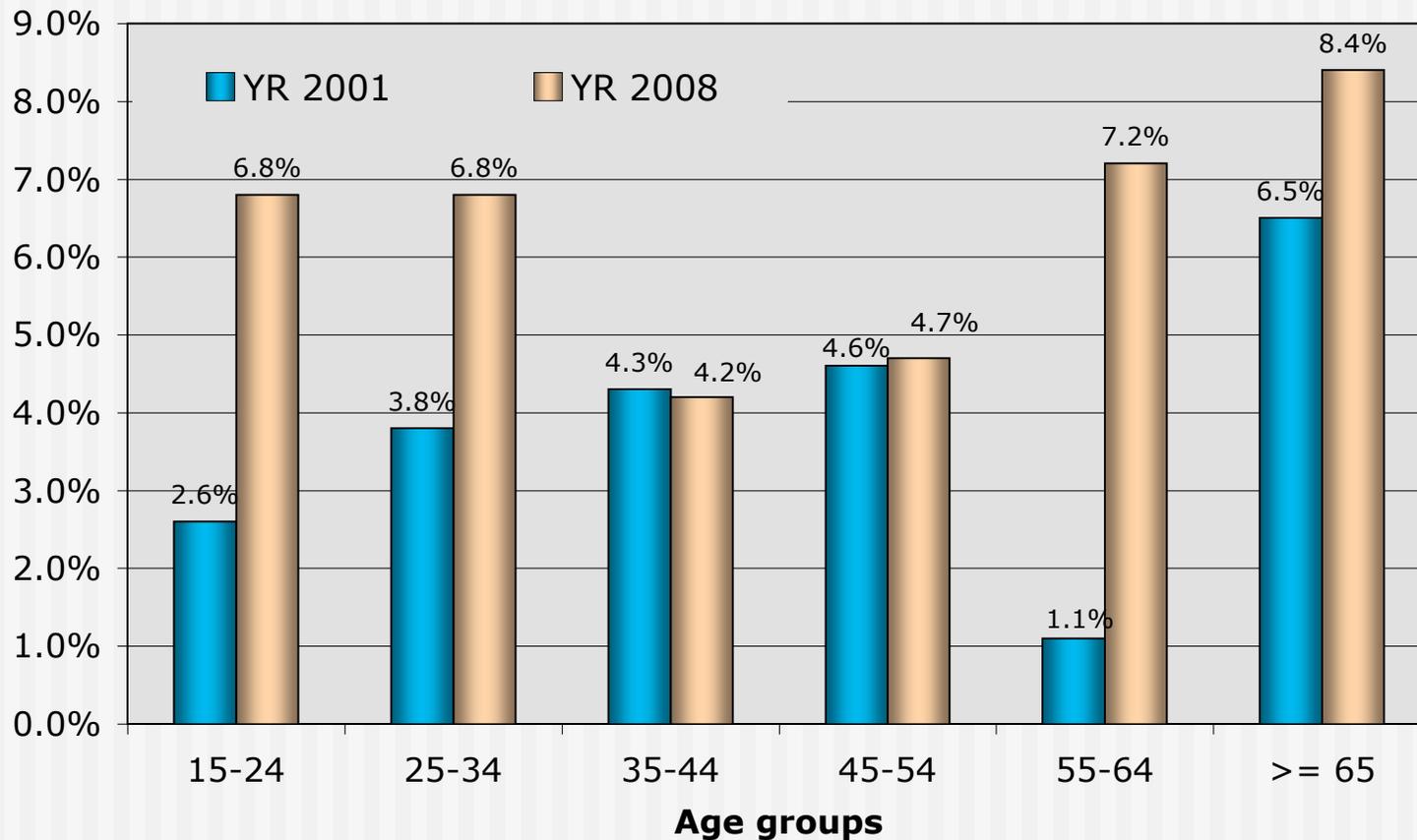
- Compared with 2001, in 2008:
 - Overall, prevalence of EMA was significantly higher in 2001
 - 2001: 1.9%
 - 2008: 1.0%
 - Significant differences were observed in
 - 35-44 y.o.
 - 45-54 y.o.
 - 55-64 y.o.

Nonrestorative sleep



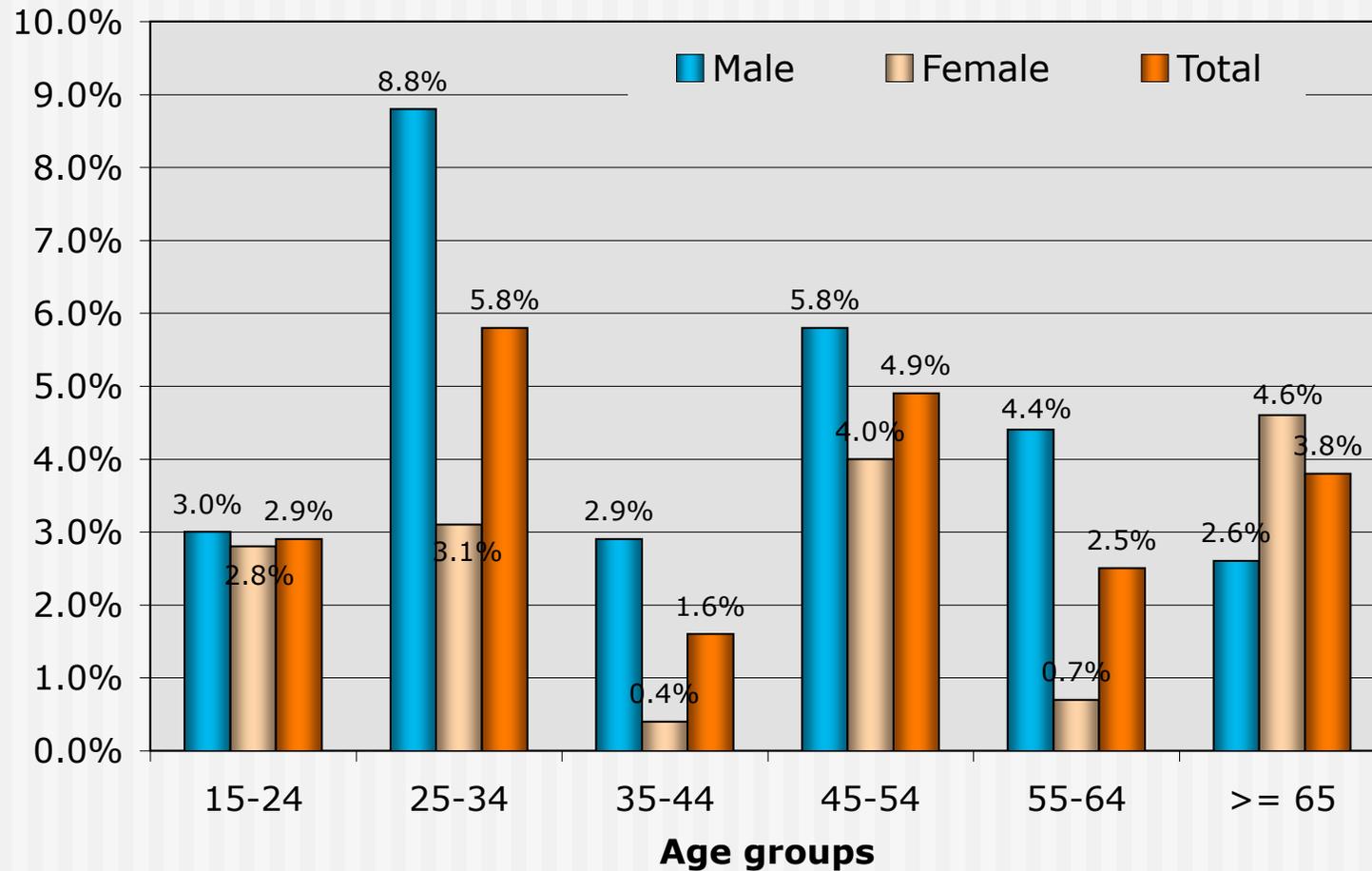
- Compared with 2001, in 2008:
 - Overall prevalence of NRS was similar:
 - 2001: 4.8%
 - 2008: 5.1%
 - Significant differences were observed in
 - 15-24 y.o.
 - 55-64 y.o.

Global sleep dissatisfaction



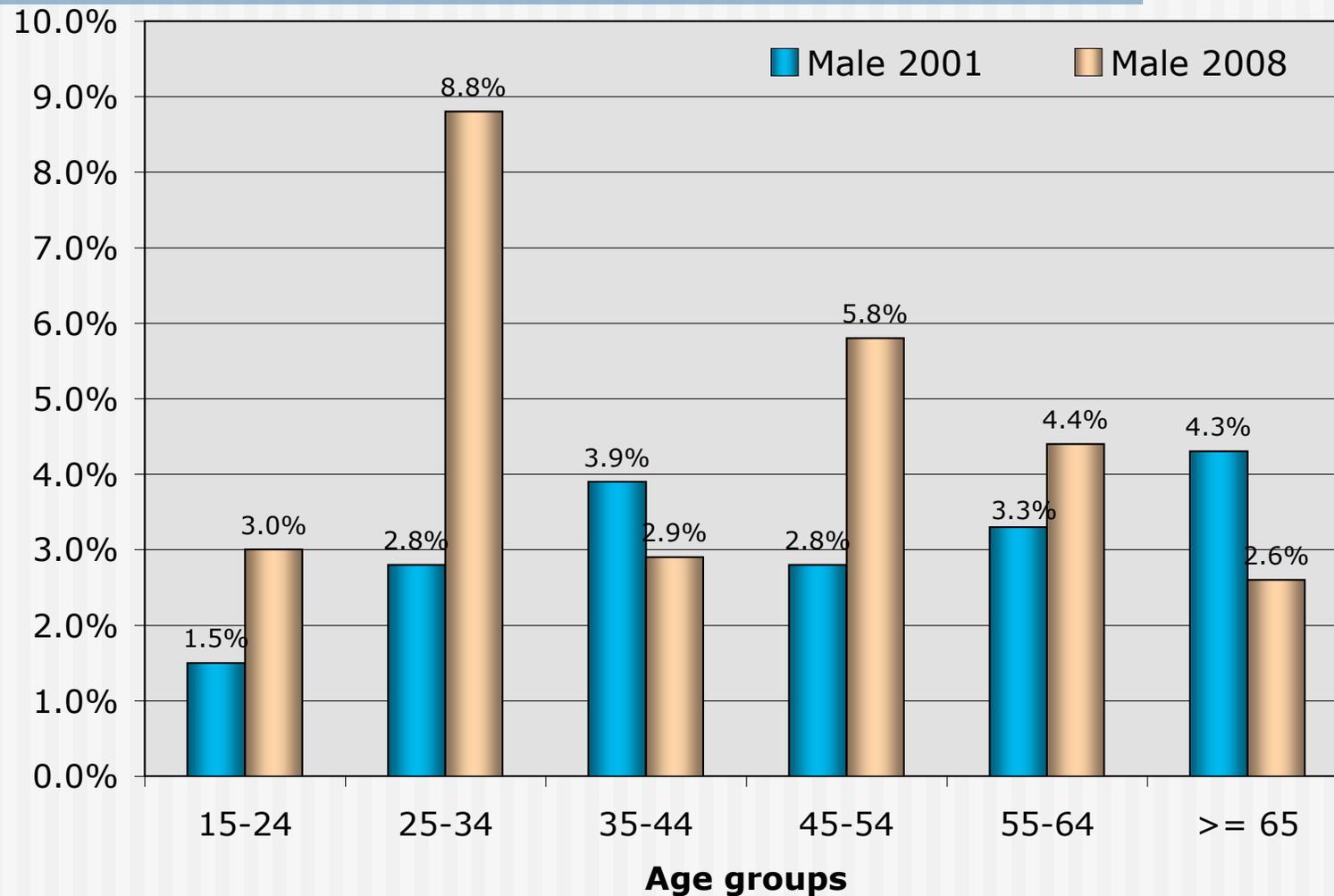
- Compared with 2001, in 2008:
 - Overall, prevalence of GSD was significantly higher in 2008
 - 2001: 3.7%
 - 2008: 6.1%
 - Significant differences were observed in
 - 15-24 y.o.
 - 25-34 y.o.
 - 55-64 y.o.

Prevalence of OSAS (2008)



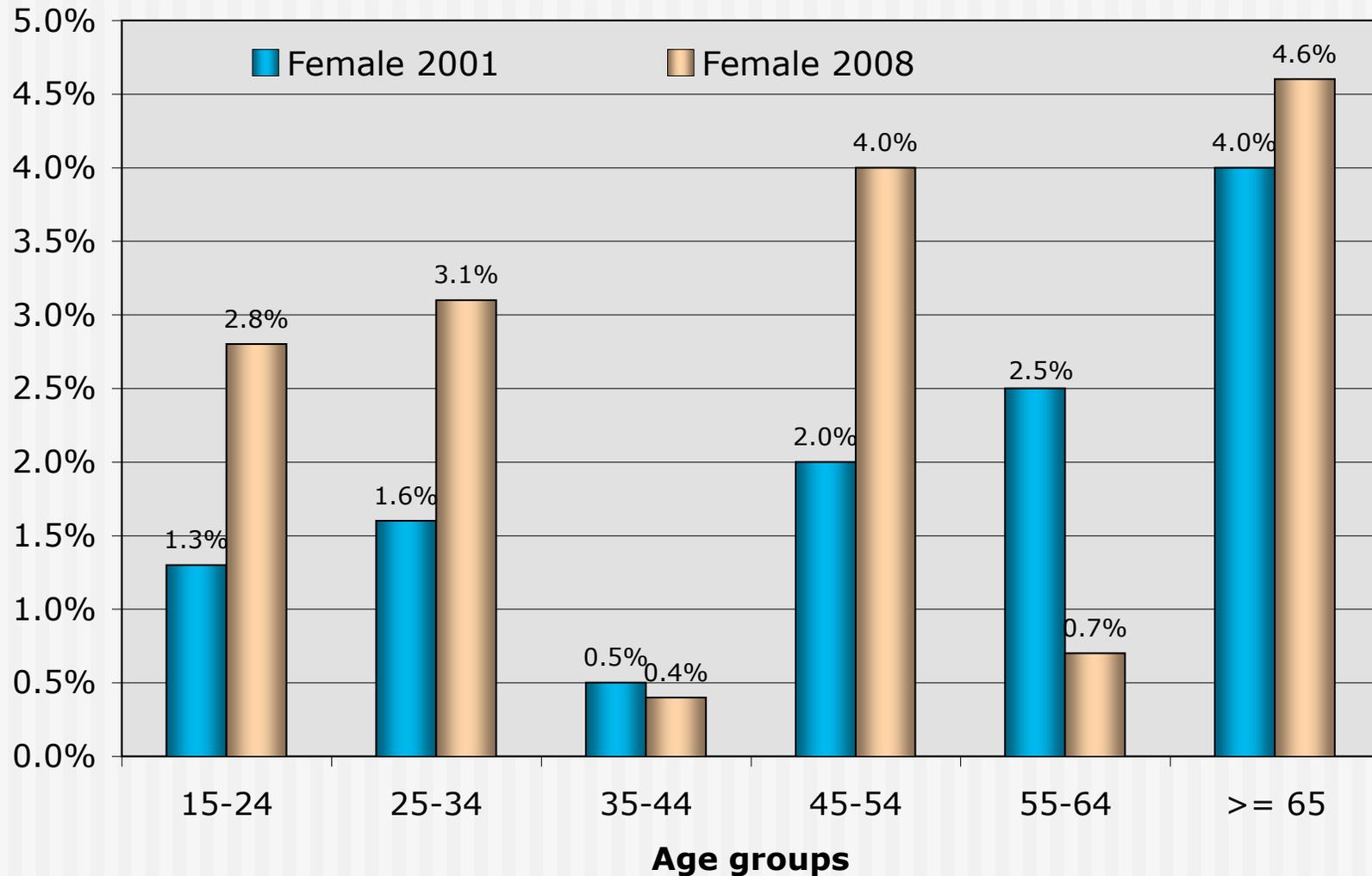
- Men (4.7%) are more likely than women (2.6%) to have OSAS
 - Odds ratio: 1.88 (1.22-2.90)

OSAS (Men)



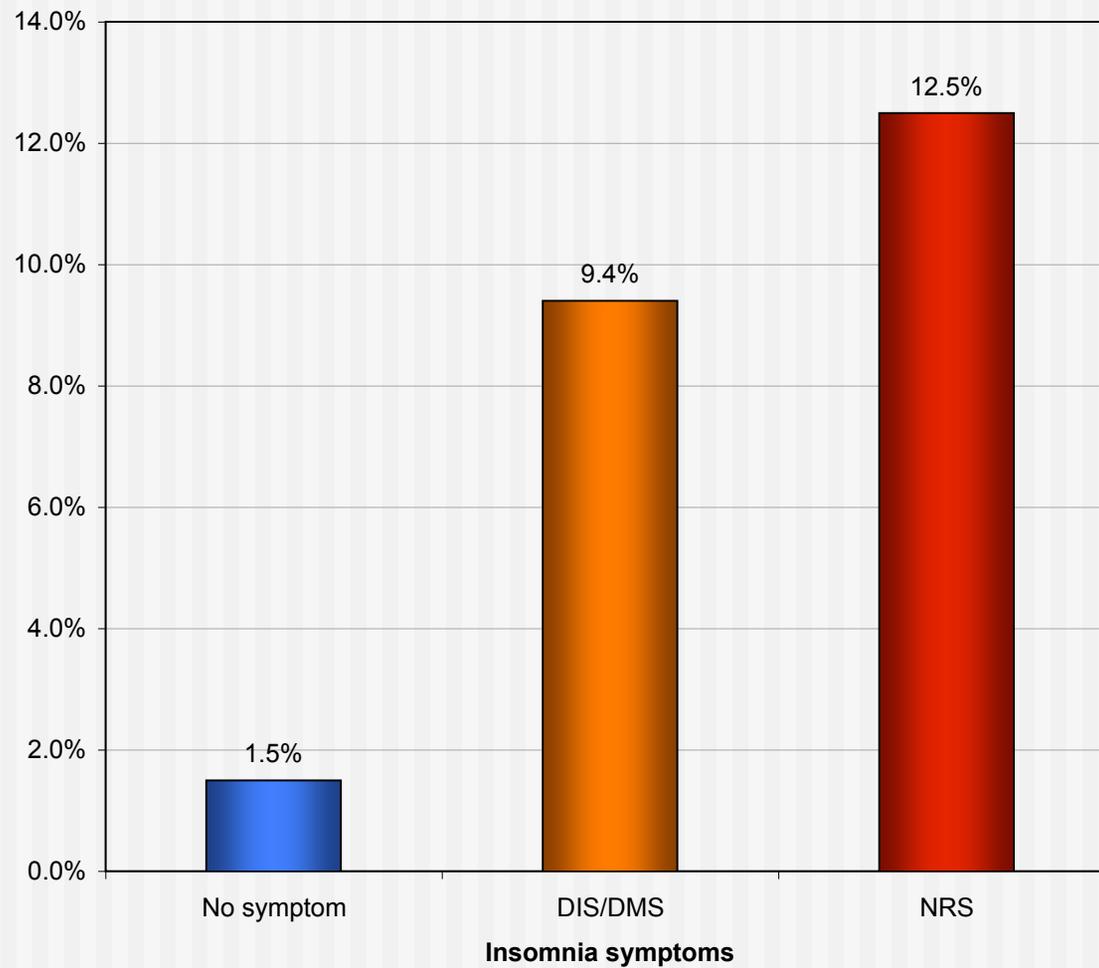
- Compared with 2001, in 2008:
 - Overall, prevalence of OSAS was significantly higher in 2008
 - 2001: 2.9%
 - 2008: 4.7%
 - Significant differences were observed in
 - 25-34 y.o.

OSAS (Women)



- Compared with 2001, in 2008:
 - Overall, prevalence of OSAS was significantly higher in 2008
 - 2001: 1.7%
 - 2008: 2.6%

NRS and OSAS



- After adjusting for age and gender, odds of having OSAS were:
 - 12.0 (6.2-23.2) in NRS individuals
 - 9.1 (4.7-17.7) in DIS/DMS individuals

Conclusions

- 1/8 individuals reported insomnia symptoms in 2008 and 1/6 individuals in 2001
- Prevalence of OSAS has significantly increased in 8 years both in men and in women
- 1/20 men and 1/38 women have OSAS