**[Abstract:0307] Sleep disorders**

**Dream anxiety levels in patients with obstructive sleep apnea syndrome**

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**Objective:** Obstruction of the upper airway may cause intermittent oxygen desaturisation in the blood leading to interruption of sleep which may manifest in repeated episodes of Obstructive Sleep Apnea Hypopnea Syndrome (OSAHS). OSAHS patients have dreams including negative emotions. MacFarlane et al. have shown that a high proportion (66%) of patients with OSAHS have reported nightmares “sometimes”. Thus we aimed to study the relation between dream anxiety level and patients’ OSAHS severity and a correlation between dream anxiety level and depression and/or anxiety levels in patients with OSAHS that might be present.

**Method:** Ninety-three patients with OSAHS were recruited in the department of Chest Disease at the Medical School of Cerrahpasa from January to December in 2013. We used the Van Dream Anxiety Scale, Hospital anxiety and depression scale, Epworth Sleepiness Scale and then had polysomnography performed. One-way ANOVA test was used within subgroups of patients with OSAHS and then Bonferroni correction was made; a p value <0.0125 was accepted as significant.

**Results:** The mean age was 49.49±13.60 years and there was no significant difference according to age between groups: simple snoring (48.29±17.06), mild OSAHS (54.57±10.52), moderate OSAHS (50.24±13.98), severe OSAHS (47.70±11.02), F=0.929 and p=0.430. The mean Hospital Anxiety and Depression (HAD) score of patients was 15.93±7.09 points and was significantly different between groups (p=0.022). The mean Van Dream Anxiety Scale score was 6.50±8.17 points in patients and no difference was detected according to VDAS between groups (χ^2=2.736 and p=0.434). The mean Epworth’s score was 7.62±4.8 and was significantly different between groups (χ^2=13.47 and p=0.004). Patients from the severe OSAHS group have a significantly worse sleep quality than those in the simple snoring group (p=0.001). We found a positive correlation between HADS and VDAS score (r=0.26 and p=0.002). There was a negative correlation between basal O2 saturation of patients and VDAS score (r=0.218 and p=0.037).

**Conclusion:** This study is the first that investigated patients’ OSAHS severity in association with VDAS for dream anxiety. In the present study, we have found negative correlations between dream anxiety level according to VDAS and duration and density of REM sleep, and baseline O2 level according to polysomnography. It is known that dream recall is more frequent in people who have higher proportions of REM. Thus, we considered that although patients with OSAHS accepted to have frequent nightmares, anxiety in patients with OSAHS might also contribute to these frequent nightmares. We think that the treatment with CPAP might also decrease anxiety levels in patients with severe OSAHS.

**Keywords:** dream anxiety, nightmare, sleep disorder

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**[Abstract:0595] Sleep disorders**

**Evaluation of sociodemographic and clinical features of patients who applied to the sleep laboratory: a retrospective study**

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**Objective:** The aim of this study is to investigate the sociodemographic features and complaints of patients who apply to the sleep laboratory and to compare the physician's preliminary diagnosis and the results of polysomnography (PSG) records of these patients.

**Methods:** One hundred and seventy-seven patients who applied to Erenkoy Mental Health and Neurology Training and Research Hospital sleep laboratory department were included in the study. All of the patients’ age, gender, comorbid chronic diseases, complaints, preliminary diagnoses and PSG diagnosis were evaluated retrospectively.

**Results:** The study population consisted of 177 patients who applied to the sleep laboratory. The average age of patients was 47.7 years. 52 patients were female and 125 patients were male. Total sleep time of the study population was 369.7±63.2 minutes. Mean apnea...
hypopnea (AHI) index was 41.7±72.5. Complaints of patients were snoring (86.4%), stopped breath during sleep (74%), insomnia (57.1%) and abnormal behaviors during sleep (34.5%). Sleep disorders in patients were accompanied by chronic diseases including hypertension (29.4%), diabetes (14.1%), hyperlipidemia (14.7%) and also depressive disorder (11.9%) and anxiety disorder (1.7%). The majority of patients’ initial diagnosis was obstructive sleep apnea syndrome (122 patients). According to PSG results, 75 patients were diagnosed with obstructive sleep apnea syndrome.

**Conclusion:** A good clinical history and physical examination with the correct interpretation of PSG for the differential diagnosis can be made carefully. Accurate and timely diagnoses are important for appropriate treatment of patients who apply to the sleep laboratory. Therefore, the clinician should give more attention to evaluating these patients.

**Keywords:** sleep disorders, snoring, polysomnography

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