PREVALENCE OF INSOMNIA IN LATIN-AMERICAN INDIGENOUS WOMEN IN CLIMACTERIC

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Objective: To estimate the prevalence of insomnia in indigenous women in Climacteric from two Latin-American countries.

METHODS

Cross-sectional study that involves indigenous from Colombia (Zenú, settled at sea level) and Perú (Quechua, at 3300 masl), with ages between 40-59 years. They were assessed with a sociodemographic Questionnaire and the Athens Insomnia Scale (AIS), which has 8 items that allow indicating the clinical presence of insomnia. Women were interviewed by trained women.

Data analysis was performed using the EPI-INFO 7 statistical program. A p value <0.05 was considered as significant.

This research is part of the CAVIMEC (Calidad de Vida en Menopausia y Etnias Colombianas) research project..

GENERAL DEMOGRAPHIC DATA OF STUDIED WOMEN (N= 623)	
Age (X ±SD)	47.8±6.3
Parity (X ±SD)	4.1±1.9
Educational (years) (X ±SD)	5.6±5.0
BMI (X ±SD)	23.8±2.8
Marital status: Married, n (%)	265 (42.5)
Diabetes, n (%)	31 (4.9)
Arterial hypertension, n (%)	18 (2.8)
Never smoker, n (%)	591 (94.8)
Pre-Perimenopausal, n (%)	318 (51.0%)
Postmenopausal, n (%)	305 (49.0)
Hormonal Therapy, n (%)	27 (4.3)
Age of last menstruation (X±SD)	43.8±3.1
Time since menopause onset, y (X±SD)	9.4±4.5
Zenues, n (%)	247 (39.6)
Quechua, n (%)	376 (60.3)

AIS	
Average score, (X±SD)	5.1±4.3
Sleep Induction	0.5±0.6
Awakenings during the night	0.5±0.6
Final awakening	0.6±0.7
Total sleep duration	0.6±0.7
Sleep quality	0.5±0.6
Well-being/day	0.5±0.6
Functioning capacity/day	0.5±0.6
Sleepiness/day	0.9±0.8

CONCLUSIONS

In a group of indigenous women in Climacteric from two Latin-American countries and resident at different meters above sea levels, four of ten women had insomnia. The prevalence of insomnia increased significantly with the cessation of the menstruation.

40.7%
of the women presented insomnia

INSOMNIA	PREMENOPAUSAL PERIMENOPAUSAL	POSTMENOPAUSAL	P
NO, % [CI95%]	66.6 [61.5-71.4]	33.3 [28.5-38.4]	
YES, % [CI95%]	28.3 [22.8-34.3]	71.6 [65.6-77.1]	<0.0001