

Association between psychophysical and cognitive aspects with sleep complaints in postmenopausal Colombian women

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Introduction

Sleep is an essential physiological state for multiple brain processes, metabolic regulations and hormonal functioning. There are insufficient studies in Latin America that explore associations between sleep disorders and psychophysical and cognitive situations in postmenopausal women

Objective

To estimate the association between psychophysical and cognitive aspects with high frequency of sleep problems in Colombian postmenopausal women

Methodology

Cross-sectional study (part of the Quality of Life in Menopause and Colombian Ethnic Groups [CAVIMEC] research project). Women between 50-75 years old living in the Caribbean and Guaviare (Amazon region), Colombia, participated. At home, they signed informed consent and filled out a form voluntarily.

Sociodemographic characteristics were explored, and four scales were applied.

❖ JENKINS SLEEP SCALE

Identifies sleep complaints in the past month through four questions: Difficulty falling asleep, Waking up several times at night, Difficulty staying asleep or waking up too early, Waking up exhausted the next morning after the usual amount of sleep. With the total score ≥ 12 it is established: High frequency of sleep problems.

→ 3 scales for psychophysical and cognitive aspects:

❖ MENOPAUSE RATING SCALE

Somatic vegetative, psychological, urogenital and quality of life deterioration

❖ SARC-F

Symptomatology related to sarcopenia

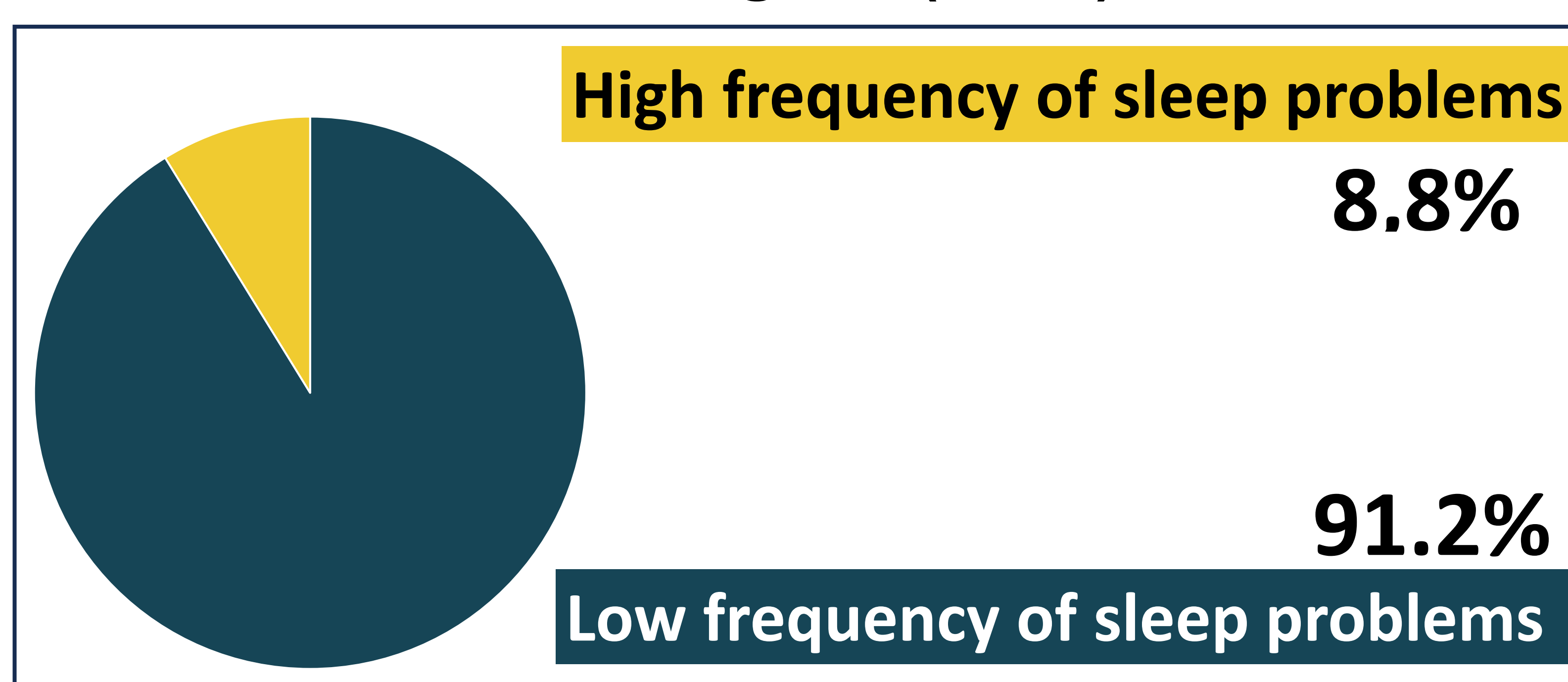
❖ MINI MENTAL STATE EXAMINATION

Attention and calculation problems, memory and fixing problems, language deterioration, spatial and temporal disorientation

Bivariate and adjusted logistic regression were performed: high frequency of sleep problems [dependent variable]. Psychophysical and cognitive aspects [independent variables]

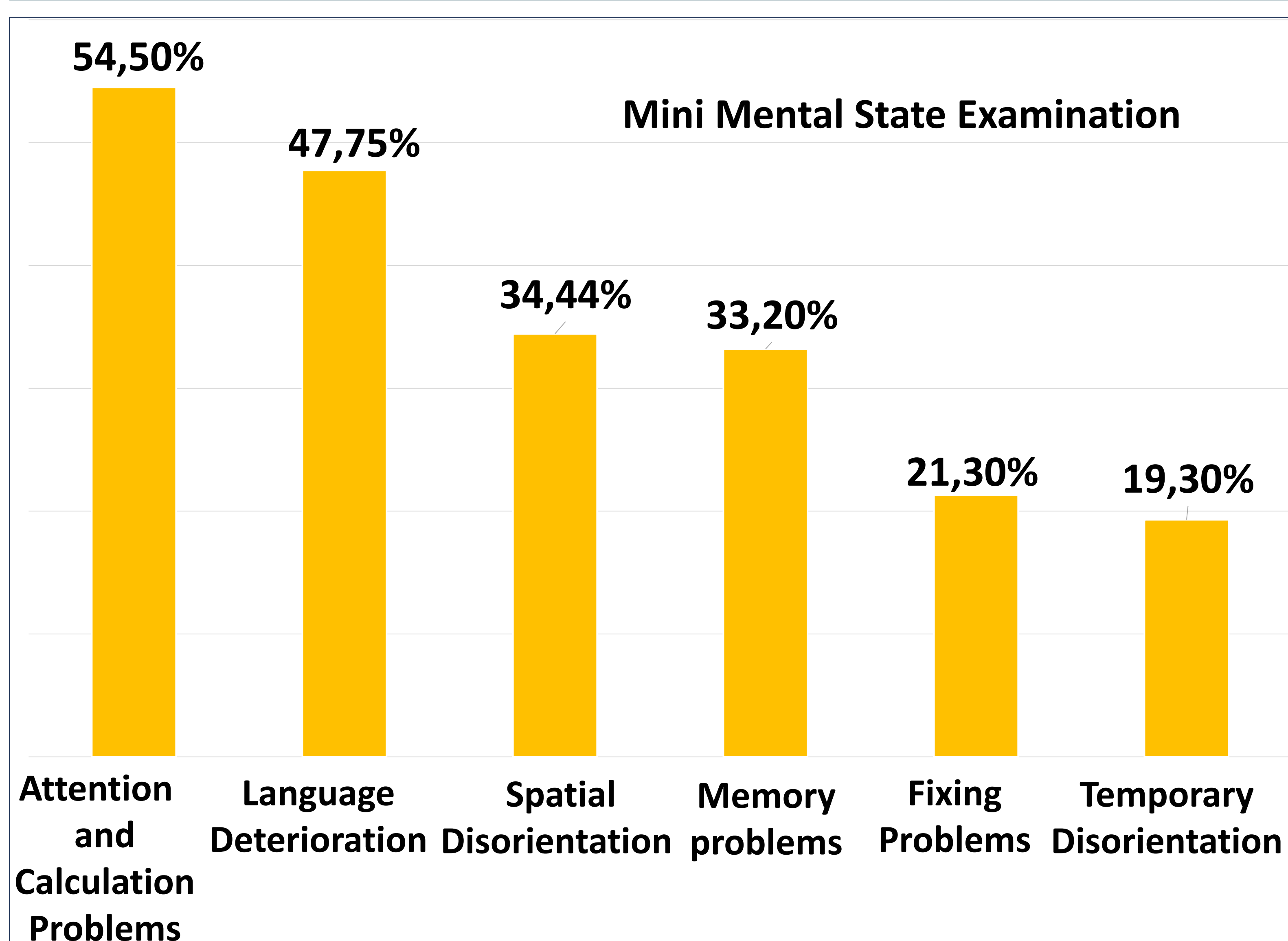
Results

601 women included. Age: 60.6 ± 7.3 y
Age of menopause: 49.8 ± 3.1 y
Age between 50 – 62 y: 367 (61.0%)
Age between 63 – 75 y: 234 (38.9%)
Divorced/single: 226 (37.6%)
Coffee consumption: 150 (24.9%)
Smoking: 50 (8.3%)



Quality of life deterioration	18,1%
Psychological deterioration	17,9%
Urogenital deterioration	17,1%
Somatic vegetative deterioration	9,8%

Symptomatology related to sarcopenia: 45,9%



Associated Factors with high frequency of sleep problems

Adjusted Logistic Regression - OR [CI95%]

Somatic-vegetative deterioration	5,19 [2,55-10,52]
Urogenital Deterioration	3,15 [1,63-6,11]
Language Deterioration	3,11 [1,52-6,35]

(*) All deterioration explored, clinical sarcopenia, age and age at menopause, were included in the model.

Conclusion

In a Colombian adult women group, vegetative somatic deterioration, urogenital deterioration, and language deterioration were found to be associated with high frequency of sleep problems