Association between sleep complaints with the presence and severity of hot flashes in Colombian postmenopausal women: assessment with the Jenkins Sleep Scale

Álvaro Monterrosa-Castro, Angélica Monterrosa-Blanco, Andrea Castilla-Casalins
Grupo de investigación Salud de la Mujer – Universidad de Cartagena. Colombia

Introduction

Hot flashes is a frequently reported symptom by menopausal women. There are few studies that address quality sleep problems in relation to hot flashes in postmenopausal Latin American women

Objective

To assess the association between sleep complaints with the presence and severity of hot flashes in a group of Colombian postmenopausal women

Methodology

Cross-sectional study that is part of the Quality of Life in Menopause and Colombian Ethnic Groups [CAVIMEC] research project.
Women living in the Caribbean region and Guaviare in the Amazon region, Colombia, participated. At home they signed informed consent and voluntarily filled out a form. Sociodemographic characteristics were explored.
The JENKINS SLEEP SCALE was applied which have four items and explores: Difficulty falling asleep, Waking up several times at night, Difficulty staying asleep or waking up too early and 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.
The MENOPAUSE RATING SCALE was also applied, presence and severity of hot flashes were identified with the first scale item.
Bivariate and multivariate logistic regression was performed: Presence of hot flashes or presence of severe hot flashes [Dependent variable].
Complaints and frequency of sleep problems [independent variables].
The study was approved by the ethics committee.

Results

601 women included
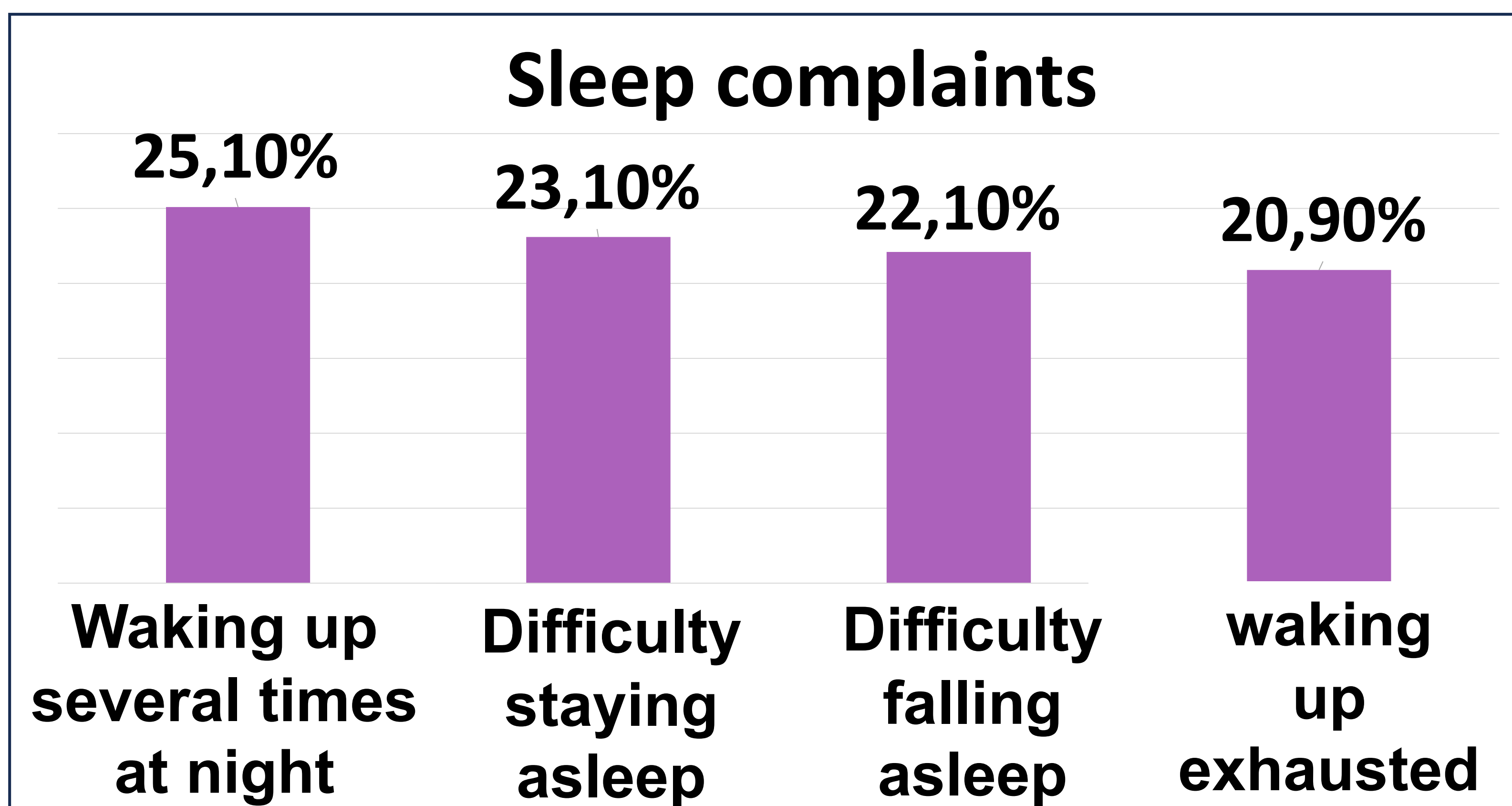Age: 60.6±7.3 y - Age of menopause: 49.8±3.1 y
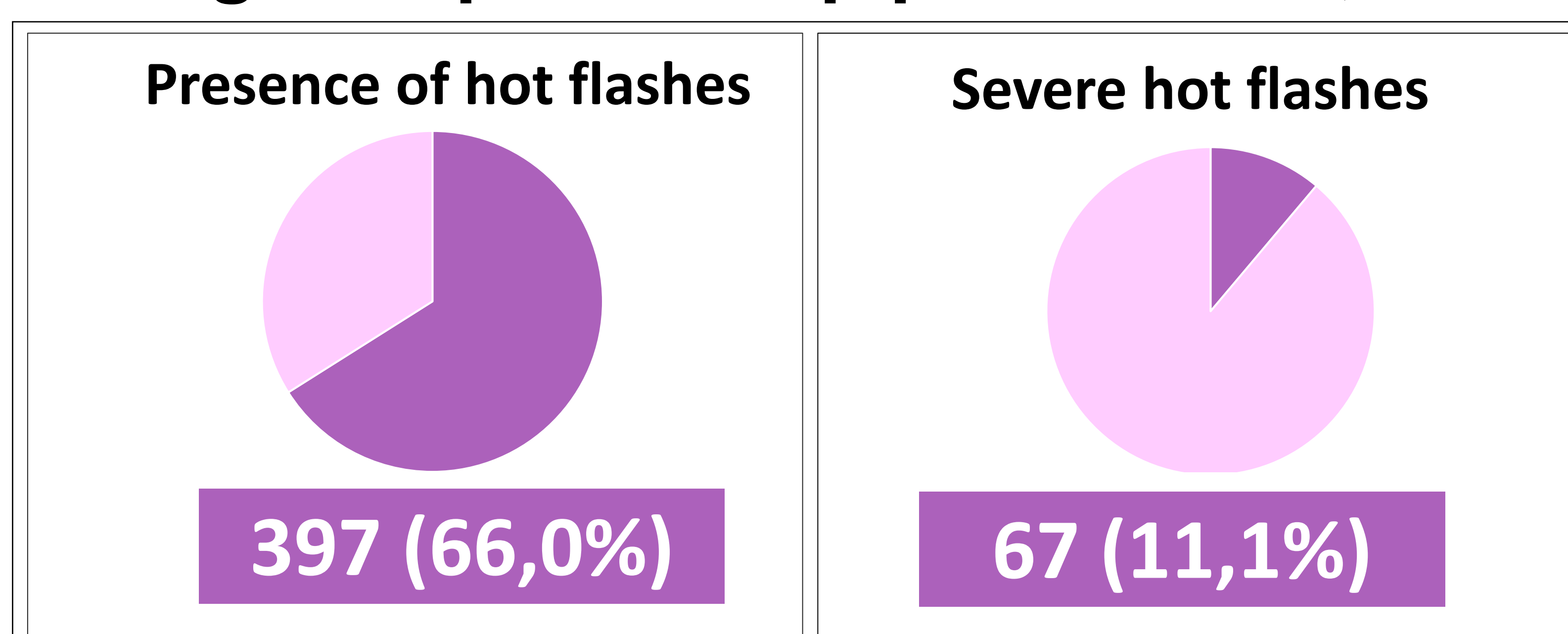Age between 50 - 62 y: 367 (61.06%)
Age between 63 - 75 y: 234 (38.9%)
Divorced/single: 226 (37.6%)
Coffee consumption: 150 (24.9%)
Smoking: 50 (8.3%) - All of mestizo ethnicity

Sleep complaints

Waking up several times at night: 25,10%
Difficulty staying asleep: 23,10%
Difficulty falling asleep: 22,10%
waking up exhausted: 20,90%

High frequent sleep problems: 8,8%

Presence of hot flashes: 397 (66,0%)

Severe hot flashes: 67 (11,1%)

Association with presence of hot flashes (Unadjusted logistic regression)* - OR [CI 95%]	
Difficulty falling asleep	1,66 [1,07-2,55]
Waking up several times at night	1,55 [1,01-2,28]
Waking up exhausted the next morning	1,58 [1,02-2,45]

(*) Difficulty staying asleep and High frequency of sleep problems were not significantly associated. In the adjusted analysis, none of the five sleep complaints retained statistical significance

Association with severe hot flashes (Unadjusted logistic regression) - OR [CI 95%]	
Difficulty falling asleep	2,93 [1,72-4,91]
Waking up several times at night	3,18 [1,37-3,98]
Difficulty staying asleep	2,33 [1,37-3,98]
Waking up exhausted the next morning	2,75 [1,60-4,71]
High frequency of sleep problems	5,24 [2,76-9,94]

Association with severe hot flashes (Adjusted logistic regression) * - OR [CI 95%]	
High frequency of sleep problems	3,19 [1,36-7,48]

(*) The other sleep complaints did not retain significance

Conclusion

In a group of Colombian postmenopausal women, the high frequency of sleep problems was associated three times with severe hot flashes. The severity of hot flashes, rather than the presence of hot flashes, were associated with sleep complaints