



PSORIASIS

SLEEP DISTURBANCES IN PSORIASIS PATIENTS: A PILOT STUDY USING WRIST ACTIGRAPHY

K. Pantelidi⁽¹⁾ - K. Vlami⁽²⁾ - K. Theodoropoulos⁽¹⁾ - I. Kapniari⁽¹⁾ - A. Diakomopoulos⁽¹⁾ -
M. Dalamaga⁽³⁾ - E. Papadavid⁽⁴⁾ - S Papiris⁽⁵⁾

National And Kapodistrian University Of Athens/ Medical School/attikon Hospital, 2nd
Department Of Dermatology And Venereology, Athens, Greece⁽¹⁾ - National And
Kapodistrian University Of Athens/ Medical School/attikon Hospital, 2nd Department Of
Pulmonology, Athens, Greece⁽²⁾ - National And Kapodistrian University Of Athens/ Medical
School/attikon Hospital, Department Of Biochemistry / Biological Chemistry, Athens,
Greece⁽³⁾ - National And Kapodistrian University Of Athens/ Medical School/attikon
Hospital, 2nd Department Of Dermatology And Venereology, Athens, Greece⁽⁴⁾ - 6. 2nd
Department Of Respiratory Medicine , National And Kapodistrian University Of Athens,
Attikon Hospital , Athens , Greece. ⁽⁵⁾

Introduction: Psoriasis is a chronic, immune mediated and systemic inflammatory disease, affecting approximately 1-3% of the world's overall population. However, very few studies have focused on sleep disturbances in psoriasis. No study has used wrist actigraphy to determine sleep quality. Patients with psoriasis frequently report compromised quality of life because of disturbed sleep.

Objective: The aim of our study is to contrast subjective and objective measures of sleep quality in patients with psoriasis.

Materials and Methods: A total of fourteen patients with moderate/severe psoriasis under no treatment were included in this investigation. Dermatological evaluation was performed using Psoriasis Area Severity Index (PASI) and Dermatology Life Quality Index (DLQI) scores. Sleep was measured by actigraphy which is an objective tool of sleep parameters. Additionally, the quality of sleep was assessed by self reported sleep questionnaires such as Epworth Sleepiness Scale (ESS), Pittsburgh Sleep Quality Index (PSQI) and Athens Insomnia Scale (AIS). All patients were informed and have signed a written consent.

Results: All study participants were white. The mean age was 52.1 ± 16.1 years and 71.4% were males. PASI and DLQI scores were 14.21 ± 7.19 and 12.81 ± 8.32 respectively. Total Sleep Time (TST) was 347.64 ± 74.25 min and Sleep Efficiency (SE) was 76.19 ± 9.92 %. PASI and DLQI did not present any significant correlations with TST and SE ($p < 0.05$). Furthermore, PASI and DLQI did not present any significant association with self reported





sleep quality as shown by questionnaires ($p < 0.05$). TST correlated significantly with SE ($r = 0.84$, $p < 0.001$).

Conclusions: Patients with psoriasis present poor sleep quality because of decreased sleep duration as estimated by actigraphy. However, quality of sleep and sleep duration do not correlate with psoriasis severity as assessed by PASI and DLQI scores.

