



Sleep Disorders

OSA SYNDROME AND SLEEP STRUCTURE IN CLIMACTERIC WOMEN IN EAST SIBERIA: ETHNIC ASPECT

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PURPOSE: To compare sleep structure in Caucasian and Asian climacteric women with sleep apnea.

METHODS: Participants: 247 menopausal women 45-60 years old (the Caucasian represented by the Russian ethnic group (n=115) and the Asian race by the Buryat ethnic group (n=132)) participated in this study according to inclusion and exclusion criteria. Clinical-anamnesic (Berlin questionnaire, general medical examination, gynecological examination, polysomnographic monitoring according to American Academy of Sleep Medicine recommendations and statistical data analysis).

RESULTS: Results of our study showed differences in sleep disorders in Caucasian and Asian women (Table 1). Sleep complaints such as difficulty falling asleep, frequent night awakenings (more than 2 times in night), difficulties of morning awakening or problems waking up too early are increased in perimenopausal Caucasian women. There are ethnic differences in a greater frequency of complaints in Caucasian women. The tendency to increasing of complaints to a poor sleep also meets in Asian women. However, results of Berlin questionnaire showed high risk of obstructive sleep apnea syndrome in Asian postmenopausal women. It has been found that the representation of REM in perimenopausal women more than in postmenopausal one, which can be explained by change in sleep structure with age with decreasing delta-sleep and some compensatory increasing REM.

CONCLUSIONS: *Conclusions* There were no differences in sleep architecture between ethnic groups. But sleep apnea is more common in Asian postmenopausal women. According to our results, it is possible that worsening of the vital status contributes to sleep disorders, which is also declared in some studies.

CLINICAL IMPLICATIONS: Consists in development of aspects of ethnic medicine at sleep disorders.

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