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Analysis of insomnia in the elderly

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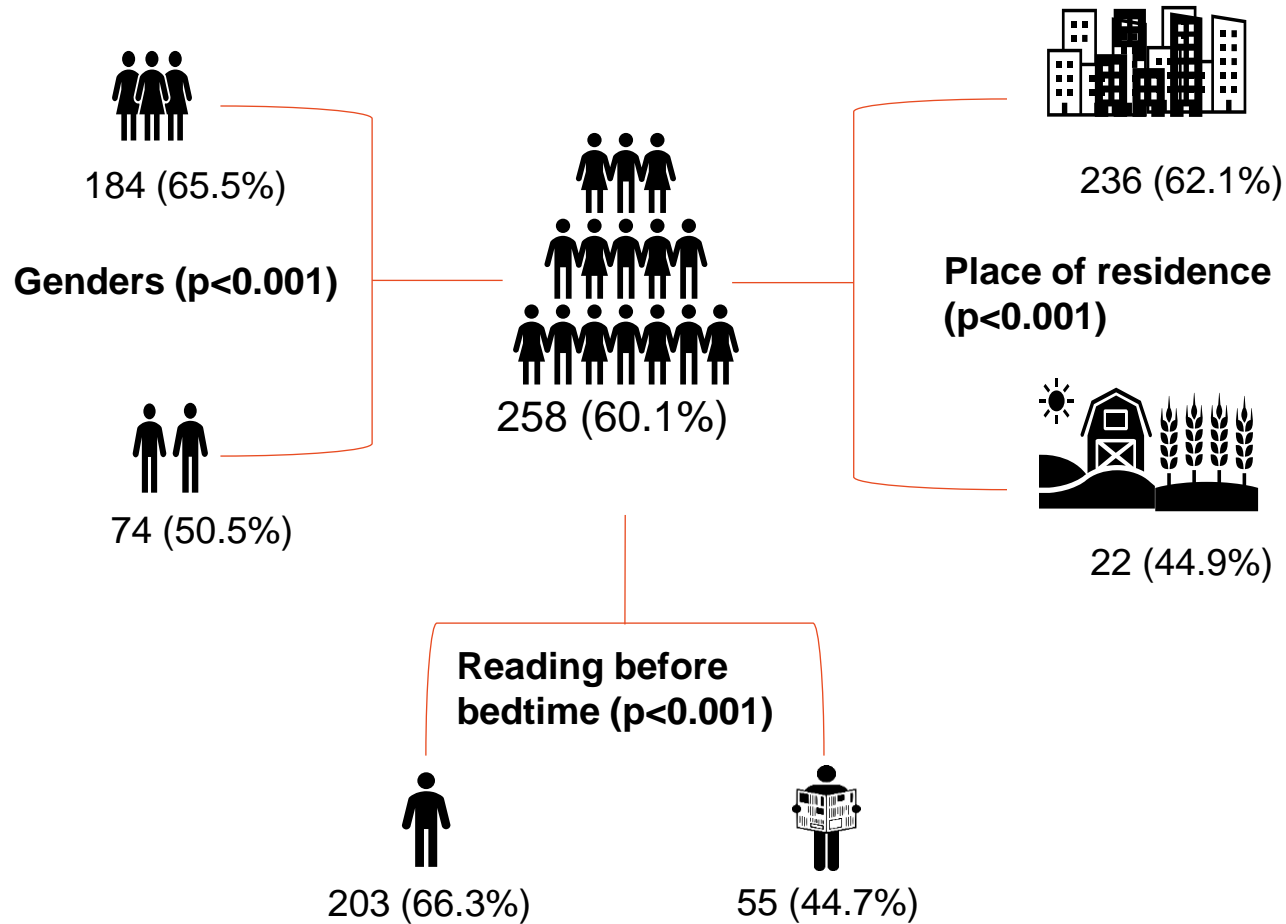
Background: Structure and quality of sleep change with age and it leads to the global problem – insomnia.

Aim: To analyse prevalence of insomnia and used remedies between genders and to find out risk factors that may cause sleeplessness in the elderly.

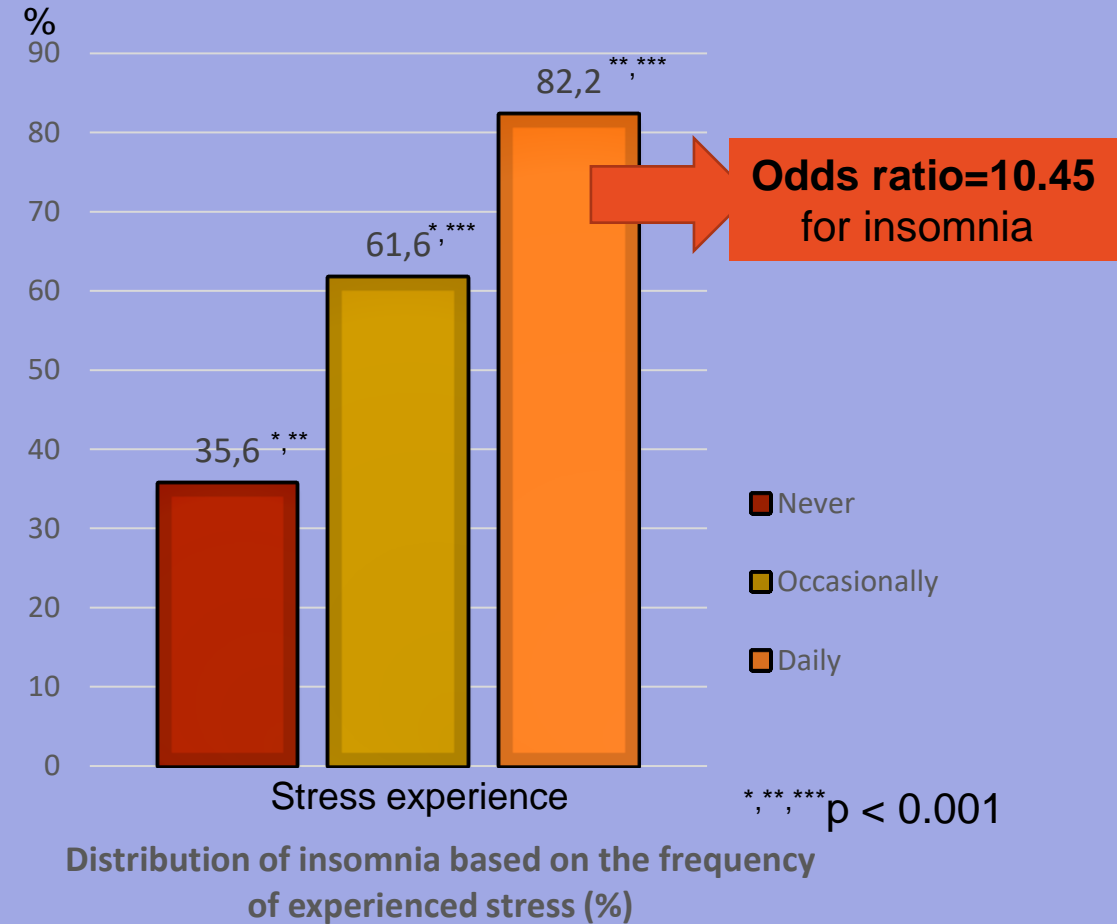
Materials and methods:

- 429 elders completed questionnaire about insomnia;
- Chi-square and odds ratio were executed to measure responses association with risk indicators;
- The study was approved by the Lithuanian University of Health Sciences Bioethics Center.

Prevalence of insomnia among groups

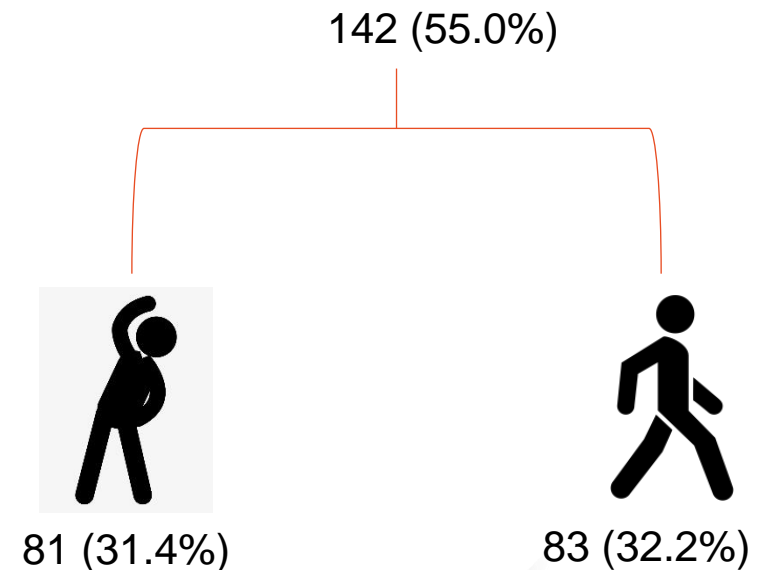
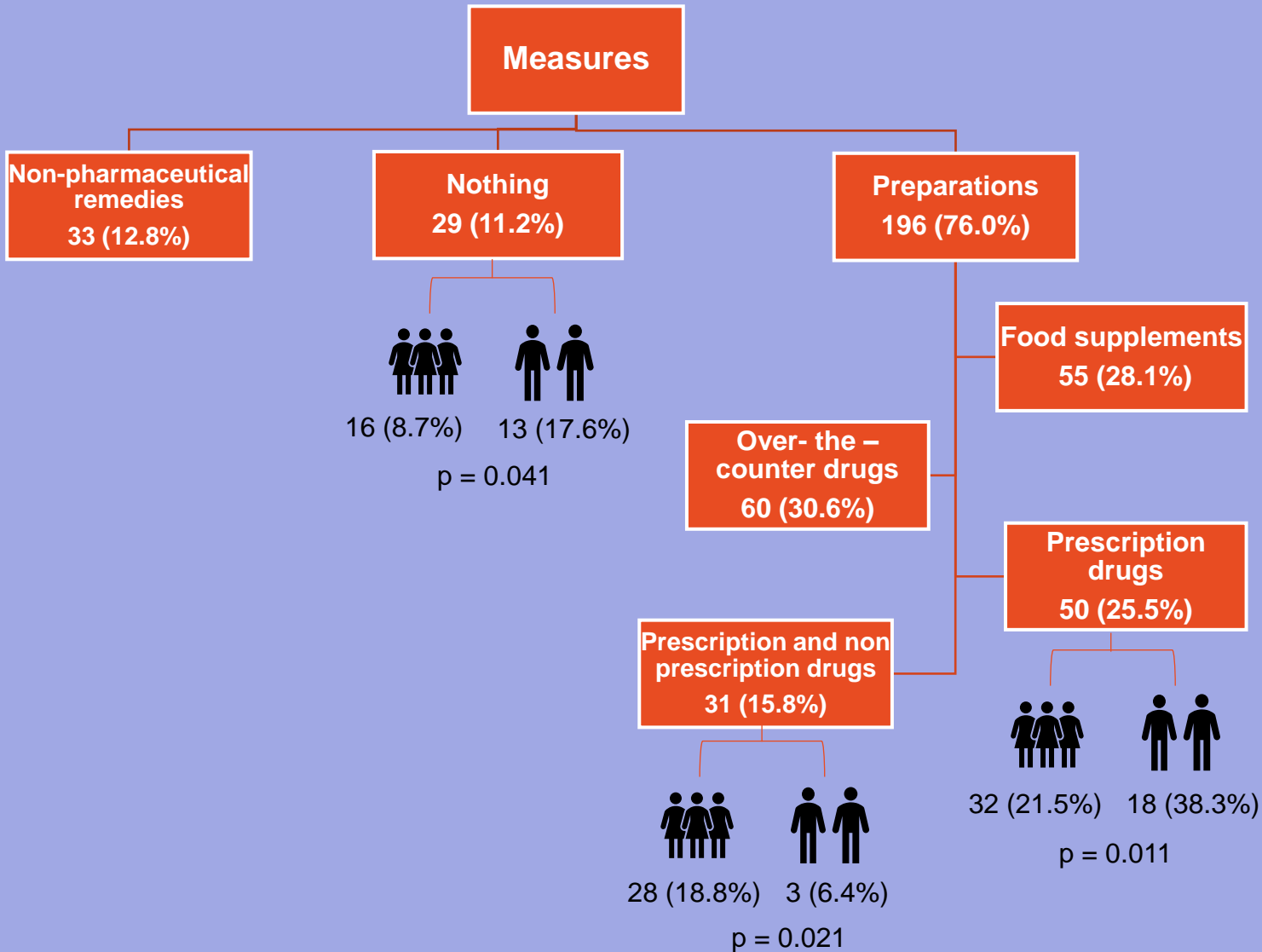


Relationship between stress and insomnia



Measures used to relieve insomnia

Measures used to improve sleep quality



Conclusions:

- This study shows that **insomnia is a widespread problem** in the elderly;
- **The use of preparations** to relieve sleeplessness **dominates** among respondents;
- **The measures for stress reduction** are recommended to respondents.