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## Relationship between chronic fatigue and sleep quality

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**Aim:** In this study, we aimed to determine the factors related to chronic fatigue in patients without other general medical conditions. In particular, we tried to determine the relationship between sleep quality and chronic fatigue severity affected by several explanatory factors such as anxiety, depression and emotional stress.

**Materials & Methods:** We used the data collected from the out-patient fatigue clinic in Seoul National Bundang Hospital. The study was conducted from March 3, 2010 to March 2, 2014 and the participants were all first-visit patients at the clinic. We measured body mass index (BMI) of each patient and evaluated variables including lifestyle (smoking, alcohol consumption, regular exercise), past medical history, past medication history, quality of sleep, anxiety, depression, stress severity and fatigue severity using a questionnaire. A total of 214 participants who complained chronic fatigue for more than last 6 months, were evaluated.

**Results:** The factors that showed statistically significant relationship with fatigue severity were regular exercise, anxiety, emotional stress and global sleep quality. Especially, subjective sleep quality, sleep latency, sleep disturbances, daytime dysfunction in sleep quality components were significantly related to high fatigue severity, whereas sleep duration, habitual sleep efficiency, use of sleeping medication had no relationship with fatigue severity.

**Conclusion:** Poor quality of sleep was associated with high fatigue severity. The major factors that influenced fatigue severity were subjective sleep quality, sleep latency, sleep disturbances and daytime dysfunction.

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