Sleep quality assessment in young adults with repaired cleft lip and palate

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Objectives: To investigate sleep quality in young adults with repaired cleft lip and palate, measured by three different types of validated questionnaires, and its correlation with gender, body mass index (BMI), waist circumference (WC), neck circumference (NC), type of occlusion (Angle classification), orthognathic surgery (OS), pharyngeal flap (PF), nasal surgery (NS) and cleft type (CT).

Methods: Ninety patients were analyzed, aged 20-29 years, 49 male and 41 female. The assessment of sleep quality was performed by applying three questionnaires: the Pittsburgh Sleep Quality Index (PSQI), Epworth Sleepiness Scale (ESS) and the Berlin Questionnaire (BQ). Results were correlated with gender, BMI, WC, NC, previous OS, PF, NS, CT and type of occlusion (Angle classification). The association between variables was performed using the chi-square test and p<0.05 was considered significant.

Setting: Laboratory of Physiology and Clinics of Oral Rehabilitation, HRAC/USP.

Results: PSQI, ESS, and BQ have shown that 62% of the patients analyzed exhibited poor sleep quality, 26% had excessive daytime sleepiness and 33% had a high risk for obstructive sleep apnea (OAS). Statistical analysis showed a positive correlation between high risk for OAS and BMI and PF was observed. The other variables analyzed did not correlate with the results obtained from the questionnaires.

Conclusion: Based on these results, it is possible to conclude that a significant number of young adults with repaired cleft palate presented poor sleep quality, excessive daytime sleepiness and high risk for OSA. Questionnaires are tools for easy application and allowed to get an overall view of the sleep quality of the cleft population, to be further investigated by using polysomnography, the gold-standard method for the diagnosis of sleep respiratory disorders.

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